

Lambda

Laurentian University's Student Newspaper
Le journal des étudiant(e)s de l'Université Laurentienne
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"You can't kiss ass and
kick it too."
-Robert Priest

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DEMANDING ACCESSIBILITY SINCE 1961

Laurentian Students March



in the recent federal elections, Jamie Wylie, President of the SGA/AGE, Fiona Robertson, vice-president of the AEF, and Todd Bosak, VP Student Issues of the SGA/AGE. Filo told students that they were victims of the worst type of governance in Canadian history. A government, he said, who "believe that students lack political power and can therefore be exploited."

Some students were surprised during the march, when they noticed LU President, Jean Watters,



by Gerald D. Woodard
Contributor

On Friday, October 16, students at Laurentian joined with their counterparts across the country to show their discontent with education policy at all levels of government. With the backing of the Canadian Federation of Students, protestors picketed, marched and sat-in across the country.

Here at Laurentian, protestors started their day with an early morning demonstration at the main entrance where a small but boisterous group of students and faculty demanded an immediate freeze of tuition fees and let drivers entering the University know how they felt. At the same time, members of the two student association executives were leafleting people in the "pit" as well as on campus.

After a free - and somewhat symbolic - lunch of Kraft Dinner in the Student's Common Room, approximately fifty students and supporters boarded a bus to Bell Park and marched from there through the downtown area amid chants of, "What do we want? A tuition freeze! When do we want it? Now!" As the marchers arrived at "Bank Square" (the corners of Cedar and Durham St.) they made an unscheduled stop in the intersection to reflect on the role of banks in their present plight. This gave rise to some tension between march organizers and local police as they tried to get students moving again, threatening to make arrests if students refused to move.

Following, students again made a stop - this one planned - in front of Liberal MP Diane Marleau's office where they spoke of the federal government's role in current education policy. Amid shouts of "We

know!" the protestors let Ms. Marleau know that they are aware that this is not strictly a provincial issue. According to figures quoted by the CFS, federal transfer payments in education, health care and welfare have dropped from \$18.8 billion in 1993-1994 to \$12.5 billion this year - a 33 percent drop over five years - the lowest level in spending since 1949.

From Marleau's office, the march continued on to the main rally at the provincial building at the corners of Larch and Paris Streets, where the protestors were confronted by security personnel unwilling to permit the use of outlets for the public address equipment. This was seen by marchers as just one more piece of evidence that the government is uncooperative and uncaring toward student issues. Using a portable megaphone, speakers nonetheless addressed the protestors and encouraged them in their struggle. Speakers included John Filo, NDP candidate

thizing with students and had come out to show his solidarity with them. "Although I'm not sure the debt load is comparatively higher today than when I finished school," said Watters, "the job prospects are a lot worse and that

Robertson both said that they sensed a lot of support in the student community even though some couldn't make it out.

in enrollment in post-secondary institutions compared with 1992-93 figures. Meanwhile, tuition has increased by more than 45 percent over the same period.

Students are also fighting a new federal law which makes it illegal for a student to declare bankruptcy until ten years after receiving a degree. This is viewed by students as a discriminatory law against them. Student bankruptcies, they say, have actually gone down by 3 percent over a three year period with 93 percent of student loans having been repaid since the inception of the loan system in 1964 - in comparison with only 15 percent of federal big business loans being repaid since 1982.

The CFS has presented a list of five demands which they want addressed by government. "Students are sick and tired," stated Todd Bosak at Friday's rally, "and they are going to stand up and get rid of any government that cares more about banks than they care about people." Sarah Bridgeland, SGA/AGE senator, says that silence implies consent and that she likes to think that, "when some of us are sitting in the same position that Harris is in today, we'll remember this time."

CFS organizers will be meeting with finance minister Paul Martin on November 25 to discuss their demands, and will start organizing a national student strike for the month of February.

Editor's Note: Gerald Woodard is a brave soul for getting into these politics. Thanks to him for his cooperation during the CFS Week of Action. Without him, readers would not see what is going on with the CFS, and would therefore be lost as to who is fighting our battle for accessible public education.

thize with students and had come out to show his solidarity with them. "Although I'm not sure the debt load is comparatively higher today than when I finished school," said Watters, "the job prospects are a lot worse and that makes it a lot more serious." He said he was concerned that the number of marchers demonstrated a certain lack of "social conscience" on campus compared to when he was a student.

SGA/AGE president Jamie Wylie, however, said that he was pleased with the turnout and felt that the students were quite successful in getting their message out. Todd Bosak and Fiona



Community Support for Student Protesters

by Jessica-Ann Dozois
Contributor

On Wednesday, October 7, the Sudbury Coalition for Social Justice met in the Mine Mill Hall to announce their support for the CFS Week of Action (Oct 13-17). The SCFSJ is a coalition of labour and community groups who work together to bring attention to social injustices. They are a non-profit group, which anyone can become a member. Their main project right now is the opposition and immobilization of the Harris government. They are one of many organizations in Ontario and were important in bringing

about last year's 'Days of Action' and have had many anti-Harris and federal government impacts.

The meeting held on Wednesday night was for two main purposes. The first was to highlight the education cuts that are being made to the secondary and post-secondary levels of education. The second reason was to highlight last week's 'Week of Action' and the October 17 day of protest in Ottawa where many people attended the Mike Harris Good-bye Party. The group announced that their many members were united in opposition to the aggressive policies of the Harris government and that this was also a meeting to provide

information to the community.

They announced that they could provide transportation to Ottawa by bus for the Good-bye party. Leaders of various community groups were there to make presentations. These included Renée Fortin, Bobbie Cascannette, and Gary Kinsman of the SCFSJ. Renée Dutrisac of the AEF and Todd Bosak of the SGA were both present. Other groups that came out were the Sudbury and District Labour Council, the Co-op Housing Organization of Canada, OPSEU, and the Steelworkers local. The meeting adjourned with an open invitation to Ottawa with transportation available to and from Ottawa.

Lieutenant Governor of Ontario Visits LU Campus

by Anna Steven
Assistant News Editor

The University of Sudbury, on October 16 presented Ontario's Lieutenant Governor, Hilary M. Weston. She was present in order to help inaugurate the new University of Sudbury Aboriginal Legal Education Certificate Program during the University's general assembly.

The assembly was opened with a few words from Weston, who spoke about the need for a legal program geared especially towards

Canada's native peoples. "Laws shape our laws and our rights," she said. "The more we understand the intricacies of the law, the more power we have to effect change." The new program looks at law from a Native point of view, respecting Native ways, issues, and philosophies. The program has been in the works for almost eight years; original funding approval was obtained in 1991.

Other events at the assembly included the presentation of four \$5000 bursaries to students in the University of Sudbury's Ethics Pro-

gramme. The recipients of the Special Ethics Study Bursaries were Alex Ducharme, Myriam Legault, Chad Beharriell, and Laurel Curley.

A university fellowship was also presented to Father Germain Lemieux, s.j., whose fifty years of research have greatly benefited the University of Sudbury.

The meeting closed with the presentation to Weston of a liturgical candle, emblazoned with the University's coat of arms, and containing a blade of grass and a flower from campus.

Thawing the Freeze: an objective look at tuition costs

by Stephen Falvo
Contributor

Before I start I'd like to state that I enjoy saving money but some people need perspective on these increases in tuition. As a base year, I'll use 1972 since that is when my parents attended Laurentian.

In 1972, tuition was increased from \$650 to \$750. I hear you saying "Yeah so, only \$100 more, from last year. Our tuition went up \$257.50, from \$3542.50 to \$3800" and I say you're right, but you have to look at the increase as a percentage of the previous year's tuition. In 1972 the increase was 15.4%, and this year's increase was only 7.27%, almost half the increase of '72.

Percentage Purchase Price of

a car can be used as another indicator of tuition levels. To be fair, I'll use the same car and compare the prices in 1972 and 1998. The Volkswagen Beetle cost around \$1200 in 1972, which today comes in around \$23000. Crunching the numbers tells us that with tuition, we could buy 63.5% of a Beetle in 1972 and 16.5% today, interesting isn't it?

If you don't like what I've said so far, here's one for you: tuition has increased 506.7% since 1972. That's 19.49% annually. Wow, that's a lot, but what has inflation done in that time? Taking a 1% monthly increase, inflation has gone up 312%. "That's unfair," I hear you say, "We're paying more than inflation" - but are we? The 1% inflation phenomenon is relatively new, occur-

ring within the past couple of years. If we take the average monthly inflation to be 2% we get 624% inflation. Clearly the 506.7% increase in tuition will be well under the true inflation rate.

As you can see, numbers can say many things. To verify my numbers is simple and I hope you do so just so you can see for yourself that I'm not lying. This article was not meant to diminish some people's actions or words but offer another perspective and get people to think. I hope it has done so.

Editor's Note: This is a very compelling argument, but I wonder how these numbers would "crunch" if 1% inflation rate **per annum** were used with a **non-vintage** car.

News Briefs

LU's Open House Coming Soon

Laurentian University will be holding its 3rd Annual Open House - Learning Without Boundaries - on Saturday, Oct. 24, from 10 am to 4 pm. Everything is free, from activities to parking. For more information, call (705) 673 6566.

Distance Enrolment is Up

According to LU's Centre for Continuing Education, fall enrolment in distance education courses is up a great deal. Course registrations have risen from 3013 to 3375, an increase of 12%. The number of course registrations in French distance ed. courses increased by 31%, while English distance ed. enrolment went up 9%. This is an encouraging trend - it's opposite to a general downward trend across Canada.

New Developments in APEC Controversy

The government has hired three more lawyers at the same time as they deny students their legal costs. The government has hired a high-priced public relations firm to rescue their tarnished image. They've recently begun classifying documents that have been subpoenaed by the complainants - documents that should have been handed over before the process began. The Prime Minister's Office has attempted to "chill" the media by filing their complaint to the CBC Ombudsman.

NDP Calls on Feds to Reject MAI

After France rejected the Multilateral Agreement on Investment, the federal NDP has called for the Liberal government to follow suit. "France has recognized that the MAI model is a fundamentally flawed approach to globalization. We call on the Liberal government to recognize this too and to pull Canada out of the OECD negotiations", said Bill Blaikie, the NDP's trade critic. The MAI is being negotiated by the twenty-nine industrialised countries of the Organization for Economic Co-operation and Development to establish rules for international investment.

Arts Briefs

St. Andrew's Fall Fair

On October 23 and 24, St. Andrew's Place at 111 Larch St. This year's theme is, "Out of This World". For \$2 you get book signings, local music and tables featuring crafts, baking goods, books, plants, sports equipment; as well as various other activities to excite the mind and keep the body busy.

Fundraising Brunch

From 11 a.m. to 1 p.m. There will be a brunch at the Villa on November 1 to raise funds to support Lasalle's music program. Tickets are \$10 each.

Grab your backpack.



See the world.



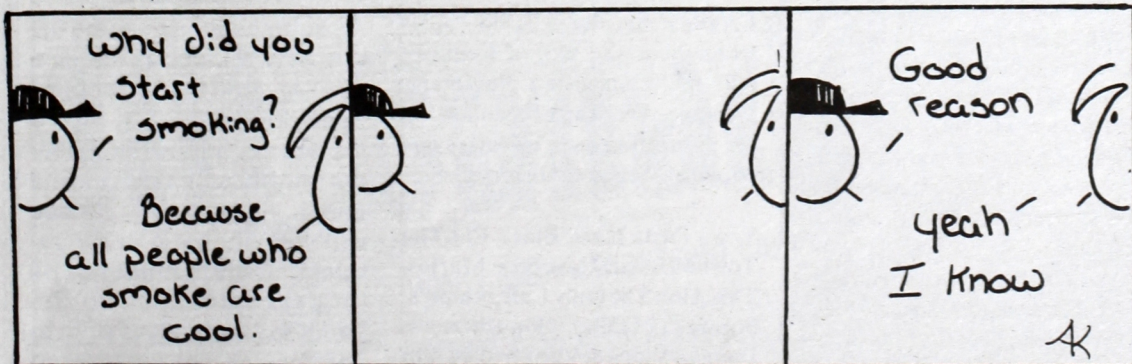
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Student and Backpacker Travel Experts

New Student Centre SCE - 234, 673-1401

Owned and operated by the Canadian Federation of Students

Smokers Grove





Lambda By-Elections

Lambda will run its 1998-1999 by-elections on Friday October 29 at 1:30 p.m. in L-239. Everyone is welcome. Interested writers are also strongly urged to drop by the office before Thursday October 28 - the nomination closing date - to enquire about our several open positions. Some are described below. Consult the 'masthead' (at the bottom of the page) for all 'open' staff positions. Positions listed as 'Acting' are filled pending election on the 29th, but are nevertheless open to competition. Please call, e-mail or drop by for more information.

Some Positions Available

Sports Editor:

- Responsible for covering on and off campus sporting events
- Maintain contact with the athletic director and varsity coaches as a source of information
- Edit and select copy for page(s)
- This job requires at least 10 hours a week
- An honorarium is paid

Redacteur(trice) Francais(e) -- French Editor:

- Maintains contacts with French organizations, companies, and government bodies
- Encourages the involvement of the community in reporting and covering stories, news and events
- Responsible for the collection of articles
- Edit and select copy for page(s)
- He/She is not there to translate
- This job requires at least 10 hours a week
- An honorarium is paid

Marketing Director:

- Must be a member of the Laurentian University community who has taken 3 business courses or who has related experience. Related experience is defined by a working knowledge of computers, selling and marketing in the forms of advertising, distribution and pricing.
- Selling and retrieving advertising on a continual basis
- Marketing (i.e. readership, usefulness and awareness of Lambda)
- Must have access to transportation
- This position requires at least 15 hours a week
- An honorarium is paid

Dear Editor,

On Thursday night, I, along with two friends of mine, one a grad student, and one an associate researcher here at Laurentian, proceeded over to the pub to have a couple of beers and shoot some pool.

When we arrived, we found that our highly regarded student cards were no longer considered valid ID's, and that we needed to provide a second piece of photo ID before we could enter the pub. As luck would have it, my friend the grad student (who does not drive) had no other piece of ID with a photo on it, so we were forced to go across town to another bar.

My question is - and I hope you can help me - why do we student cards, if one of the two places in Sudbury that require them (the other being the Library) does not consider them valid?

I understand that in the pub's defense, there are some Laurentian students who possess student cards, but are still 18 (late birthday - fast-tracking student). However, this could be cured by requiring first year students (those with student numbers beginning with 98), to provide some other form of ID.

I find it insulting, that after spending thousands of dollars on tuition, and hundreds of dollars at the Pub Downunder over the past six years, that a Laurentian graduate student can no longer get a glass of beer on this campus without first passing a ten point security check.

Sincerely yours,
Annoyed and thirsty

Letter to the Editor,

This is a letter addressing an article I read in last week's Lambda. The article was about those "bitchy, lazy, piece of crap teachers who had better smarten up". I had a frog in my throat as I read the article about Mr. McCarthy's youth. Yet I became very unsure of some of the beliefs that Mr. McCarthy has formed and would like to address them in the following article.

What a horribly unfortunate situation students are dealing with right now. Education is extremely important for academic reasons as well as the life-experiences which allow for people to have open minds about situations and to see both sides of a story. I wish I could agree with Mr. McCarthy that this is not a political issue; however, because the government now has complete control over the school system, it is a political issue. There are many students who have problems with math, reading, science, and others. Most teacher I have met are not teaching for the

To the editor,

Flattered by having been quoted last week, let me clarify where I stand on the Hilary Weston issue.

I would put it even more strongly than you did: Hilary Weston had absolutely NO choice but to give royal assent to Mike Harris's legislation, whether she liked it or not.

To clear up another matter, to my knowledge she was appointed Lieutenant-Governor strictly by the federal (Chrétien) government, without consultation with the Harris government.

On these points, I disagree with Lionel Rudd, and wonder why my union takes its stance on Canadian constitutional matters from someone in Science!

Whether LEAF organizers in Sudbury could have found a more appropriate speaker, however, is another question. Moreover, while LEAF no doubt does good work on behalf of women in the courtroom, I personally dislike the increasing "legalization of politics" in which they are involved.

Rand Dyck

Letters! Look at all the letters!

Dear Lambda,

In the October 1 1998 issue of Lambda, there was a new and enlightening article written by what I assume to be a Native person. The columnist writes under the pseudonym of Tonto.

The article is exceptional. It is abrupt and to the point, with no consideration to being politically correct. It openly discusses the ridiculousness of majority society being upset that Natives are finally getting what they rightly deserve.

I feel that it is about time someone took that initiative to speak their mind in a forum that will reach the general public. Native issues should be a growing concern for all Canadians.

Here at Laurentian, we brag of being a tri-cultural community, but I know that offence ran rapid when people read this article. My only hope is that after people's initial shock passed, they realized that nothing in the article was untrue.

Natives have spent a lifetime listening to how mainstream society feels about them. Isn't it time they had to hear something from us?

Tonto isn't some bitter Indian trying to use Lambda for a therapeutic venting session, he or she is merely trying to get the point out that we've had enough. I only hope that this column continues to deal with Native issues in its straightforward, un-sugar-coated way. As a member of the Native community, I support Tonto 100% and I applaud Lambda for printing an article with attitude.

Tanya McKenzie

money. They are not babies crying for more time off. They are fighting for the right to provide the best education they know how to give. The fourth period that Mr. McCarthy is referring to is usually used to mark some of a class set of papers, and prepare lessons for upcoming classes. The massive size of classes students are now forced to endure limits the amount of time a teacher has to spend with individual students. A teacher must now use their own personal time spent out of the classroom to finish what would be impossible during any fourth period. Just imagine, Mr. McCarthy, if you had to give up your precious time at the gym to do even more university assignments.

In order to become a teacher a person must have a three to four year university degree with honours, and a Bachelor of Education degree; as well every teacher must continue their education through their entire career by attending courses run on P.D. days and on their own time. For this

reason, I do not believe that they are quite the bitchy, lazy morons you consider them to be. I realize that you are concerned for the poor students caught in the crossfire, but in the long run, so are the teachers. Are you sure that teachers would choose to lose a month of pay over burnt meatloaf? I think teachers want to strike about as much as I would like to tattoo your name on my ass!

There is one more item I would like to address and that is ... this IQ level? Dropping? What is this? You might like to know that an IQ level remains relatively the same throughout a person's lifetime. It does not get sucked out of your brain by watching soap operas while angry teachers fight for your right to learn in the proper environment. It is surprising that with the painful life experiences you chose to share in your article that you are still having difficulty with the concept of "two sides of the coin".

The Sunshine Girl

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General Meetings: Fri. at 2:00 pm

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Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

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Circulation

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments:

Vesta Pasta Cafe, Black Cat, The Towne House, East Side Marios, This Ain't The Only Café, Ralph's, Subway (Lasalle), Don Cherry's, Douglas Video & Variety, The Elm Tree & The Cooke House.

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length.

A word of thanks

Poverty Awareness Week is over, and chances are you noticed the many signs of it: people in boxes around campus, the collection bins for Sleeping Children Around the World (SCAW), and the posters put up advertising the petition. Actually, I'm sure you noticed because there was a very positive reaction.

People were very supportive of us as we huddled around our boxes, offering us many different foods from bananas to coffee and donuts. We'd like to thank these people and everyone else who showed their support. Thus far, we have collected \$265.00 for SCAW. Keep in mind that we are continuing to collect money, so it's

not too late to give. The bins are placed in the two cafeterias, the residences, and the reception desk of Laurentian. Collection for the Food Bank began on Friday at various locations around campus. The Food Bank itself is on Student Street; anyone in need is invited to make use of it. As for the petition, we have just begun to collect signatures and will be collecting them until April 1999. I urge everyone to sign; when debt around the world is abolished, it will be a better place to live.

We'd like to personally thank everyone who helped make Poverty Awareness Week happen. These

people are: Martin Lauzon, Christina Cudney, Mark Ceccanese, Matthew Fenwick, Mike Flanagan, Laura Vanderwater, Robert Marshall, Steve Nowak, Sue Parker, Megan Parry, Bessie Hamilton, Chris Clark and Jennifer Meredith. Without these people, Poverty Awareness Week would not have been as successful as it was. To everyone who gave their support, I give a hearty thanks also. It's good to know there are people who care about their fellow human beings.

Thank-you all for making a difference.

Scott MacDonald

The Amiable Librarian

This column is based on comments or questions received by library staff in person or on the Compliments / Questions / Suggestions sheet which appears near the exit to the library.

Question: I signed up for a library class that was supposed to start at 10:00 a.m. I was held up by traffic, and when I arrived 10 minutes late, the door was shut and even after knocking, I was not allowed in. This wouldn't happen in other classes. Why does it happen in the library?

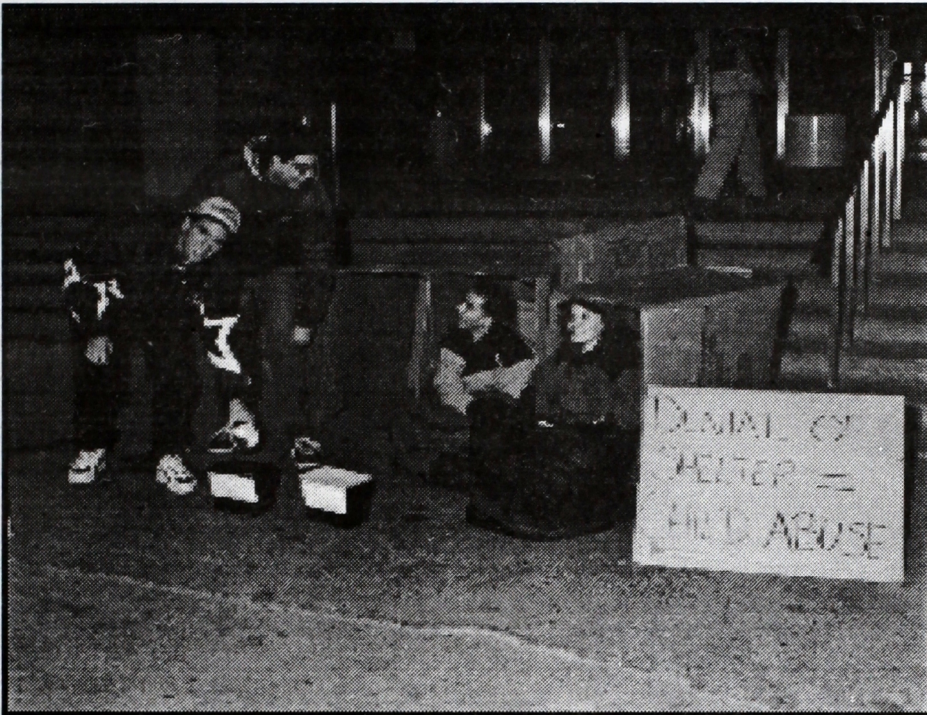
Reply: It happens because each library workshop is self-contained, and if you arrive late, you have missed the set-up and possibly some of the early information that the later parts of the workshop are built upon. Since time is very limited, and many students have to be somewhere else after the 50 minutes, it is not fair to them to interrupt the class to bring a late-comer up to speed. The Amiable is sorry that you were held up, but hopes you understand why the policy exists.

Question: I am interested in library work, and would like to volunteer my services. May I?

Reply: Mais oui. While the library does hire students, it also has positions that can be filled by volunteers. In the last couple of years, as budgets for student help have crashed, more and more students who have wanted library experience have come in on a volunteer basis. As you can imagine, volunteers are now allowed to do what would normally be done by our unionized staff, but there are lots of little jobs that support them in their work that you could do. If you would like to follow up on this matter, please contact Ms. Hélène Anselmo, the Supervisor of the Processing Section at 675-1151 ext 3311.

Plainte: Je suis venue faire de la recherche hier soir. Je n'ai pas pu rentrer dans Sociofile; j'ai essayé d'autres ordinateurs, mais les mêmes problèmes se sont reproduit. Je travaille et je suis une étudiante de 4^{me} année à temps partiel. Je n'ai pas beaucoup de temps libre pour faire mes recherches; ce service est nécessaire pour m'aider à compléter mes travaux.

Réponse: Nous sommes désolés pour les problèmes d'accès que vous avez eus. La bibliothèque est très fière de sa nouvelle "Cyberstation" et de ses produits électroniques mais quelques fois il arrive qu'on n'éprouve de la difficulté à se connecter. Quelque fois les problèmes se trouvent avec les fournisseurs, mais la plupart du temps, les problèmes se situent au niveau de l'infrastructure technologique ici à l'université. Votre plainte sera acheminée aux personnes responsables.



Campus Ministry conducted Poverty Awareness last week on LU campus. Pictured here are volunteers and generous supporters.

Confessions of an English Opium Eater

by Constantin Constantius
Columnist

The coffee in the coffee pot is brown, not black like it should be. Whoever made the swill, didn't make it strong enough, nor did they make it with coffee. I suppose this means that it isn't coffee, nor a coffee pot, but rather something very different.

I first noticed that it wasn't coffee when I tasted it. I think that the main ingredient was dark rum, or at least something that had fermented. It could also explain the film on the top, which I reluctantly peeled away, then drank whatever was inside. From here on in, I'll call it Smack. Smack is good word for it because, a) this stuff gets you high as a kite, b) it kind of smacks you in the face on first contact and c) it relates to the title of the article. This is the first reference to an opium product since

the start, at least explicitly.

No matter what good can come out of drinking smack, there are certain things that are not so good. First, it turns your teeth a nasty color. Brown is not a good color for teeth, no matter what your mother tells you. Dogs can have brown teeth, people can't. Ask any dentist, they'll agree with me, I assure you.

This isn't to say that there isn't a positive difference between doing smack and drinking smack. See, doing smack is illegal, addictive, and expensive. I drank smack for free, as far as anyone knows the stuff doesn't exist, therefore it is neither illegal, nor proven addictive. This is by far the best benefit. No proven danger = no danger; at least to me.

Then there is the question of moral goodness. I don't see drinking smack as either morally good or morally bad. Some people would say that

drinking alcohol is wrong, and therefore, I suppose these same people would call this bad as well. It is, however, uncertain that you could call it good or bad. I mean, you aren't a productive person while on this stuff, but you can't hurt anyone and like I said before, it is not yet proven as to whether or not it hurts the drinker.

Besides, this isn't a moral question, really. It's a question of preference. If you wish to make your teeth brown but get really high, then why not drink smack? If you prefer to have nice teeth, then don't.

I'd tell you the ingredients, if I could, but they are a mystery to me. Perhaps a person named Pepe made the stuff, and he'd know. So, if you find Pepe, send him my way and ask him for yourself, what he did not make the liquid nectar now known as smack.

Announcements

Campus Ministry Calendar of Proposed Activities

Oct. 19 - 23	Spiritual Awareness Week
Oct. 23	Elgin Mission Collection
Oct. 24	Participation to Open House at L.U. Children's Activities
Oct. 25 & Nov. 8	Taizé Prayers

The German Section of the Department of Modern Languages, Laurentian University is presenting the movie "Dresden" (in German with English subtitles) on Friday, October 23 at 7:00 pm in Room C309 (Classroom Building). Come take a stroll through the German city of Dresden and experience it the way it was before and after the war and meet some of its residents. Free admission!!! Everyone is welcome.

The German Club is holding a **meeting** on Monday, October 26 at 6:00 pm in the Student Centre Lounge. There will be German refreshments and everyone is welcome to attend.

The Women's Centre at L.U. is seeking volunteers. Come in...answer phones, run programs, write biting letters to Lambda, help organize events, end ignorance...And that's just to start! Drop in

Mon - Wed	12 pm - 4 pm
or Tues - Thurs	10 am - 2 pm

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Career Column

Career Planning Resources: Self Assessment

by Paddy Blenkinsop
Counselling and Resource Centre

So, now you realize that your career is your business, that it's up to you to set your own direction.

OK, but are there any tools, any resources to help with this career planning? The answer is, "yes"; there are lots of them and here are a few good ones I have come across.

There are two sides to career planning, self-assessment and job or work exploration. Self-assessment is deciding what you yourself want to do and that is not as easy as it sounds at first. Job exploration is getting to know what is out there; what jobs are there? What are their future prospects? What are the working conditions and the pay? I'll suggest some self-assessment resources today?

Self-Assessment Resources

1) Print materials. These are available in the Resource Centre in the Office of Student Life on the 2nd floor of the Parker Building (L210). You can also find good materials in the University Bookstore, or in commercial bookstores around town. A lot has been written about career planning.

ACCIS *The Looking for Work Series #1 Self-Assessment*. This is the first of an excellent series of booklets on career planning and job search. It offers practical exercises that you can work your way through. It's cheap and available at the University Bookstore.

Richard Bolles. *What Color is Your Parachute?* Bolles is the acknowledged dean of writers about

career planning. He revises his book yearly. It is long, but it is excellent, easy to read, full of good exercises and suggestions.

Joyce Lain Kennedy. *The Career Book*. Another good and basic book, full of sound ideas, experience and advice.

b) Web sites. There is a mass of information out there in cyberspace. Here are a few good sites I've found for self-assessment.

www.uwaterloo.ca (Click on "Administrative departments" and then on "Career services") Career services at Waterloo have put together a complete "do-it-yourself career planning service. Take your time to browse through it.

www.bgsu.edu/offices/careers/process/process.html A long address for another university site, this time in the US.

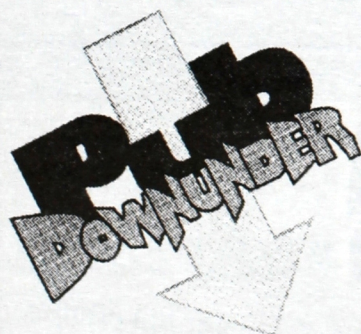
www.mazemaster.on.ca (Click on Self-Assessment) A French and English site that offers a series of exercises on your interests, values, and skills.

c) A third way of approaching your self-assessment is by means of career tests. The Strong Campbell is a test of your vocational interests and will identify areas of employment for you to explore. The Myers Briggs also comes up with career suggestions, but it does so using personality type. Regular workshops are available - see below. Sign up at the Counselling and Resource Centre, Room L210, 2nd floor of the Parker Building (673-6506). Next workshop is on October 28 and will be offered in French.

Once We Were Students

by Ivan
Contributor

Once we were students
Now, the bedroom is our classroom
Books have become testaments
Of the life we once led.
They are used
To prop up a corner of the bed
We lay on and make love
In the cool hour of waking.



Mike Woods
will be in the Pub
Saturday
October 24
at 10:00 pm.

Sign-up for the Pub's curling bonspiel.
It will be on Saturday November 21, 1998.
Free transportation provided to and from
the curling club and the Pub.
Only \$40.00 per team of 4-5.

At the Sign of the Lurching Loon

SOUTHERN EXPOSURE

by S. Landers
Contributor

I've heard just about enough of the Bill Clinton and Monica Lewinsky sex scandal. It's everywhere; the television, the Internet, the lecture-hall, the school newspaper, there's no escaping it. Albeit, the rumour fest has deteriorated somewhat, now that the Starr Report is accessible. We no longer have to speculate; with the click of a mouse button, we can savour all the delectable details of the Clinton/Lewinsky tryst. The report didn't leave much to the imagination and where's the enjoyment in gossiping when all the facts are right there in front of us?

I often hear people complain that they are sick and tired of hearing about this scandal. So, how does that explain the popularity of the Starr Report website? It received over 400,000 hits a minute in the first few weeks that it was made available to the public. Are we closet voyeurs who have an insatiable appetite for garbage? Why do we enjoy hearing about other people's dirty laundry? Is it because he's a prominent figure; the president of the United States and we grin scornfully at his problems because it makes us feel better about our own problems knowing that a man of his

standing is not infallible?

Today, the focus is on whether or not the president will be impeached. However, as I write this article, the attention may have changed to some other foolhardy schmo who has trouble keeping his pants on.

Canadians are inundated with American news; the O.J. Simpson trial comes to mind. Words like tasteless and sensationalistic accurately describe the media news frenzy that surrounded the O. J. Simpson trial, hardly newsworthy. As for Clinton and Lewinsky, did we really have to know about the cigar and its maiden voyage, or that the president was talking on the telephone and receiving oral sex at the same time? How are the intimate details of their relationship related to the president lying under oath? Who asked these questions and why were they answered in such great detail? Are the words "none of your damn business" not in Monica's vocabulary? What were the motives behind this type of questioning? I think that Kenneth Starr reveals more about himself through his questioning than what he attempts to reveal about Bill Clinton. Does Kenneth Starr think the American public can't see through this? Is it not enough that we know that they had sex, well at least according to Monica

they had sex. Bill's interpretation of what exactly they did is defined slightly differently.

Is Monica Lewinsky an opportunist slut or a naive victim? Is Bill Clinton an opportunist slut or sexually deprived, I mean deprived; no, I mean deprived? Well, first let's look at the facts: after Clinton had his fill, he dumped Lewinsky, then she threatened to go public about their relationship. Is this the behaviour of a naive victim? A scorned lover perhaps but not a naive victim. After all, this same woman exposed her wares to him one evening prior to their first rendezvous. Didn't she get a job out of the deal? As for Clinton, after numerous affairs, poor guy, he just has trouble keeping his pants on. As for his lying under oath, the guy has the most powerful job on the planet, wouldn't you try and protect your ass?

The ones to profit from this scandal are the comedians; there's enough material on those two to support an entire generation of comedic offspring. The dress incident alone could easily finance their education. Which leads me to a few jokes I saw on the Internet the other night; did you here the one about why Clinton wears pants, or the one about why Lewinsky can't be a doctor?

Is It A Door?

by John Wozniak
Columnist

One day last week I was on my way to the computer services office to inquire about my password on the VAX. As I was walking there I came across a sign on a DOOR that read as follows: "This is NOT a door". Now, the first thought on my mind was "Did I take a wrong turn somewhere and end up in the philosophy department?". We all know that they are a strange lot and might argue about such things. Realizing this was not the case, I was overcome by a sense of dismay.

Why was I dismayed? This sign was a gross misuse of language. This solid object nestled in the confines of a DOORFRAME was obviously a DOOR!!! What else would it be?

What the author of this sign apparently meant was that this DOOR was not to be used. But instead of stating this, whoever wrote and displayed this sign made themselves to look like a blithering idiot by saying this DOOR was not a DOOR at all. This is truly a case of a person who has no ability to use language concisely in order to convey their message properly.

In this day in age when the emphasis in education is on science and mathematics, reading and writing are often either totally ignored or incredibly undervalued. I take pride in the fact that I can communicate a message to a fellow human being without sounding like a total idiot.

Things such as WAC requirements

are something I view as invaluable. I can only imagine the horror that some professors must experience upon having to mark hundreds of first year papers. I have seen a few and I could not believe my eyes.

Language is an invaluable tool for communicating as the sign I saw so clearly demonstrates. Our public education system is failing its students miserably in teaching basic language skills. I, for one, fear what may happen if this trend is allowed to continue. It is just too bad that the powers that be do not see the value of such things as English, philosophy or history departments. For these are things that can help to rectify the problem that our inadequate education system has created.

Tonto Kicks the shit out of the Lone Ranger

by Tonto
Columnist

This week is the end of the Baseball season and I really wanted a couple of different teams in the World Series. I think a much better matchup would be the Cleveland Indians and the Atlanta Braves.

I've always wondered why do sports teams always use Native symbols and stereotypes for their teams? I mean, isn't the name Redskins a little racist? What about nicknames such as the feather-heads... You know I always hear the point (of course from Non-Natives) that these names honour the Native people. So why don't we spread the honour around?

Let's rename some teams. Chicago, San Francisco, New Jersey and other American cities could be renamed to reflect their predominant communities. Wow, what a great

honour it is to play up a stereotype isn't it? I was tempted to use some concrete examples just as offensive as feather-heads, but I trust you apprehend my meaning. The bottom line is that Native people are tired of being honoured in such a way.

Cleveland even goes a step farther in honouring the Original Inhabitants, they have Chief Yahoo... Yahoo reminds me of Al Jolson in black face. The Atlanta fans have a great little cheer that they like to call the tomahawk chop. Nice, someone should tell them that scalping was started by Europeans.

I once heard a story that the Washington Redskins got their name when they had a great Native player thus they honoured him by calling the team the Redskins. However no one knows the name of this great

Indian, even the team that is named after this legendary player. What a great honour....

Even our very own Campus is subject to this political incorrectness. The University of Sudbury's Residence has a team called the Redmen. Wait a minute... isn't U of S the home of all Native programming? I can't believe that a place like U of S allows this to happen, but who cares? There are only a couple of Native people who have lived there so it's all right, right?!?! McGill called their sports team Redmen, then changed it because of its offensive nature. I wonder when the big leagues will follow suit.... I personally would like to honour the Non-Natives with a team called the Crackers. I know you don't have to thank me, but you're welcome.

Spend a Little Time With Jesus

by Dylan Callens
News Editor

Roger Laferriere's new CD-ROM poetry and short story book is a unique experience. The rustic cover implies a pleasant simplicity found in Roger's poetry. Though written in a common tongue, the messages are quite complex.

As the title suggests, *Doing Time With Jesus*, often deals with religious aspects of life both on a personal and a social scale.

Here, religious is meant in two ways. First in the traditional sense of the word, and second in a way that describes ritualized life, as many people are familiar with.

The title track, *Doing Time With Jesus* is a unique story that captures the essence of Roger's short story style. He uses a Hispanic prison setting where the narrator and a character named Jesus (nice play on the ambiguity of the name) are stuck in the same cell. After a one-sided war of silence, (Jesus is not really participating, as it is his style to be a quiet kind of guy) the narrator gives in, and starts to figure out that this guy is the son of God.

"Jesus has become ill."

By this time, the narrator and Jesus have become close friends. Jesus inevitably dies, but not before the narrator regains his religion. A flashback provides the key turning point. Then finally, "i cannot feel his heartbeat nor his breathing anymore, but i can still feel his warmth."

There are two key elements to note in the piece. First, the death of Jesus is interesting and can be interpreted in various ways. Jesus' death reintroduced one man with Christianity but now the rest of the world will never know Jesus. It could also be used as a symbol for the death of Christianity on a wider scope. Or, once again, Jesus died for our sins, more specifically the man in gaol with Jesus. Or Jesus just wanted to die, he has had enough.

Second, it is an extremely nice touch to have the small i and, and all other personal references are never capitalized, whereas everything relating to Jesus and divinity is capitalized. Not a huge deal, but it does exemplify Roger's observance of language. The rest of the CD is equally good, but cannot be examined here in any detail.

For twenty dollars, you get the short stories, poems, pictures and sketches (drawn by Karen McPherson-Laferriere) as well as some poems read by Roger and commentaries on a few of the works.

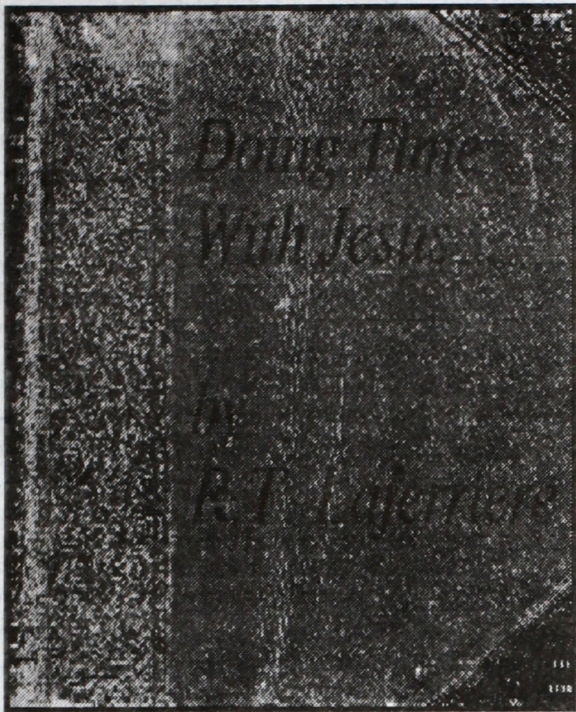
Congratulations to Roger Laferriere on this triumphant premier, and the best of luck to him with the CD-ROM. He deserves recognition for this effort.



This ain't the only café

194 Elgin Street
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Janice Jackson
Owner/Manager



Northern Success: Your Scrivener Press Tops Itself Again

by Dylan Callens
News Editor

How does one judge poetry? Roger Nash, juror of the *Northern Prospects Poetry Contest* and editor of *Northern Prospects: An Anthology of Northeastern Ontario Poetry* describes what he was looking for: 1) the poems should have a sense of spontaneity, 2) poems should be true to life, in its ambiguities and complexities, 3) they should combat clichés, 4) nothing superfluous, 5) there should be something central to the poem that is unsaid, and 6) the form of the poem should, integrally, shape their sense.

The winners of the Northern Prospects Poetry contest were: Lorraine Janzen, Laurie Kruk, and Robert Dickson, with honorable mention going to Anthony Armstrong. These four, and ten others, were published in the anthology.

Generally, the anthology is a series of Northeastern Ontario Poets that speak on Northeastern Ontario life. However, there are some that relate to life in general, sometimes funny, sometimes sad. An example of this comes from Jennifer Broomhead with her "Bus Stop Poems." Throughout the ten short poems, she explores anger, jealousy, happiness, and sarcasm (to name a few).

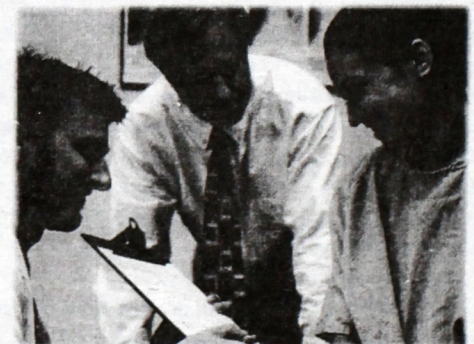
With a much different style, Robert Dickson uses literal connections blended with vivid imagery to get his point across: "...winter obviously (apparently) you / don't realize aren't conscious your cheeks are rosy you / are hanging on the back of a cutter great snorts / of frozen horse breath the good smell of straw..." It's easy? (a remembrance) plays on the distance of remembering and presents the question, "even with tickets to go back (back?) / it seems not far but is it all so / easy so far so easy?"

Northern Prospects questions convention on many levels, in many different ways, which is where the anthology really draws its strength. From Lorraine Janzen's "Discovery Poems" to Trevor Laalo's "hometown blues" we can see the diversity of styles and topics which are true to Northeastern Ontarian life.

As previously announced, many of these poets will be performing at Wordchase on November 6. Keep your eyes peeled for more information around the school and in Lambda.

Lambda By-Elections!
Friday, October 30, 1998.
See Editor's Corner for details...

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Welcome to The Unexplained Extra-Terrestrial Taxonomy

by Derek Serafini
Features Co-Editor

This is a feature for all of you out there who think that this world has more to it than the mere eye can reveal. Keeping up with the recent trend in TV and movies, this is a feature about the paranormal. In this feature, you may find the answer to why you hear strange noises at night or why there are circles in farmer's fields. You will learn about those things that go bump in the night and those things that manage to move silently. There is, of course, no solid proof to substantiate most paranormal claims, but the claims exist nonetheless.

With the incredible popularity of shows like the X-files and Millennium being at the top of the ratings, there is obviously intense interest in the paranormal nowadays. People believe, like it were a religion or something, that we are not alone. Everyone has their own theory about a conspiracy or two that the government is hiding from the common man. As a result, there is dispute about a great many things in the world today. This feature, then, is a chance to highlight some of those things on which science has had trouble putting its stamp. And, perhaps, it is a chance for you to reconsider your own beliefs.



Are You An Alien Abductee?

Many individuals around the world have allegedly been abducted by extra terrestrials. These individuals report similar experiences and symptoms from their abductions. Most individuals who have reportedly been abducted do not remember the abduction because of "screen memories" implanted by the aliens or the trauma from the experience results in amnesia.

If you or someone you know believes that they have been abducted, here are a few of the common symptoms reported by other abductees.

- lost time; a certain period varying from a couple of minutes to days where you cannot recall what you have done.
- unusual scars, marks, or bruises that appear on your body which you are unable to explain.
- UFO sightings. During your lifetime, you have seen a UFO or strange lights in the sky.
- implants: during medical exams (i.e. x-rays, MRIs) your doctor notices foreign objects in your body that you are not able to explain.
- strange dreams: you have regular dreams of seeing and meeting extra-terrestrials, flying in UFOs, examined, injected, operated on inside of a UFO, being devoured by wolves, owls (or any animal with large black eyes).
- insomnia; you are unable to get a good sleep.
- often wake up not knowing where you are and how you got there.
- unexplained medical problems; you have a sudden illness (i.e. painful migraines, sinus problems, fatigue, rashes)
- often feel driven to travel to remote locations for no reason.
- when you are sleeping, you feel like you are being watched.
- you (a female) have had a pregnancy where you have been pregnant for a few months and over night, you are no longer carrying a child.
- occasionally you hear strange humming or tapping noises and cannot explain where they are coming from.
- new psychic abilities; you have recently found that you can read thoughts and predict the future.



For those of you who are regular viewers of the X-files, the information contained here is probably somewhat useless to you. For the rest of you, here are the different types of aliens that are walking among us today.

Greys: the Greys, a.k.a. visitors, reticulans, are between 3.5 and 6 feet tall. They are estimated to weigh anywhere from 65 - 90 pounds. They have large, black, tear-shaped eyes and no hair. Their skin is grey in colour and rough to the touch. They have no visible reproductive organs and are suspected to use cloning for their reproduction. They are from the Zeta Reticular star system in the Orion Constellation. They communicate by telepathy. Their head is large and out-of-proportion with the rest of their bodies. They have a slit for a mouth and indentations in the spot for ears and the nose. Their hands are webbed and their body is exceptionally thin.

The Greys are the extra-terrestrial species most often reported by people around the world. Reports from individuals who have been in contact with Greys say they vary in their intentions: some say that they are kind beings here to guide us through our evolution, while others believe that they are cruel invaders intent on



ruling the planet. One thing is certain, most people who come in contact with Greys believe they are actively abducting humans on a regular basis.

The Greys are the extra-terrestrial species that are alleged to have crashed at Roswell, New Mexico in July of 1947. As well, some researchers believe that the Greys have entered into a contract with the U.S. government to trade their advanced technology in exchange for permission to abduct U.S. citizens.

Human/Grey Hybrids: the hybrids stand between 5 and 6 feet tall when mature. They have blue, human-like eyes and dark-colored hair. They have pale, white skin. There are both male and female hybrids, both of which are capable of verbal and telepathic communication. They look very similar to human beings, except their heads are slightly larger and rounder than a human's.

Hybrids are supposedly the result of selective breeding between Grey extra-terrestrials and humans. The Greys remove ova and sperm from humans and combine Grey DNA with the DNA from these human samples to create the Hybrids. The reason that Hybrids are created vary among researchers: to create a superior race by combining the best aspects of both species, to save the Greys from extinction due to excessive use of cloning, or to save us by transplanting the human species on far-away planets because our society is on a path toward self-destruction.

Nordics: Also called Swedes, the Nordics vary in size between 5 and 6.5 feet tall. They share common physical features with human beings (especially Scandinavians). They have more of a muscular build than the average human.

The Nordics are an extra-terrestrial race which have been reportedly

observing the activities here on Earth. Individuals who have allegedly come in contact with Nordics say that they are here to observe our culture and not interfere in our evolution. Some individuals have suggested that due to the Nordic's similar appearance to human beings, they could be our long-lost relatives who have since moved to another planet. Other individuals suggest that the Nordics are in conflict with the Greys because they object to the Grey's interference with human evolution. Other than these few theories, not a whole lot is known about the Nordics.

Men in Black: The MIB are around 6 feet tall and weigh around 200 pounds. They are extremely sensitive to light and, as a result, always wear sunglasses. They have dark hair and pale skin. They have an expressionless face and always dress in a black suit. Their movement has been described as "robotic" and they speak in a monotone voice.

Men in Black are alleged to visit individuals who have witnessed a UFO and warn them not to tell others what they have seen. MIB supposedly use all forms of persuasion to silence UFO-witnessing people - to the threat of deadly force if necessary. These MIB are usually seen in groups of three and are generally thought to be extra-terrestrial enforcers or government intelligence agents. Men in Black are responsible for silencing witnesses to UFOs and for ensuring that UFO events are kept hidden from the public.

Men In Black pose as salesmen, utility repairmen, or agents of the government to gain access to UFO witnesses. They harass UFO witnesses through phone calls and surprise visits. MIB are alleged to drive black vintage Buicks or Lincoln town cars. They have been immortalized the 1997 movie 'Men In Black' which follows two MIB agents protecting earth from the scum of the universe.

Is Anyone Out There? Calculating the Possibility of Extra-Terrestrial Life

In the early 1960's, Frank Drake sought a way to calculate the probability of finding other intelligent races in the universe. He came up with an equation to calculate this probability, which later became to be known as the Drake equation. Using this equation, Dr. Drake determined that there was the possibility of 100,000 to 1,000,000 extra-terrestrial civilizations in the milky-way galaxy alone.

Here's the equation:

$$N = R * F_p N_p F_i F_c L$$

N = the number of technological civilizations in the galaxy
R* = the rate of formulation of suitable stars
Fp = fraction of stars having planets
Ne = the number of suitable planets per planetary system
Fl = fraction of planets on which life

develops

Fi = fraction of live that evolves to intelligent beings

Fc = fraction of intelligent beings to develop a means of communication

L = length of time such civilizations release detectable signals into space

Drake and other early extra-terrestrial life enthusiasts, including Carl Sagan, arrived at a value for N between 100, 000 and 1, 000, 000 - which is still only about 1 civilization per million stars in the Milky Way.



The X-Files

Crop Circles: Fact or Fiction?

The crop circle phenomenon has puzzled and mystified humanity for many years. Many theories as to the source of these strange occurrences have emerged. Ideas range from energy fields to plasma vortexes to UFOs. For the most part, the answer to this mystery is still hidden within the cosmos.

Most people, and even some researchers, believe that crop circles began in 1980 in the English countryside. However, there is evidence of crop circles as early as 1678 in Hertfordshire, England. Modernly, the first crop circle was observed in Tully, England in 1966.

The first rash of crop circles appeared in Australia in December of 1973. Near Wokurna (a community southeast of Adelaide), a strange circular imprint appeared in a wheat field. UFOlogists investigated and theories from rotating wind to kangaroos emerged. However, no definite answer to the conundrum was ever reached. These circles were nicknamed, "saucer nests." Soon seven swirled circles (up to 14 feet in diameter) appeared in an oat field near Bordertown, Australia. In December of 1989, an amazing set of circles (ranging from a few inches to a few feet in diameter) appeared in the wheat belt west of Melbourne. As many as 90 crop circles were found. Strange nocturnal lights were seen in the area during these occurrences and a strange "screaming" noise was heard by the locals at night.

During the early 1980's, a number of circles were found at a farm in Switzerland. The grass in these circles was matted flat and swirled. However, the stalks were not broken, they were only bent. They continued to grow along the ground. This ruled out the possibility of a hoax.

A crop circle case similar to that in Switzerland appeared in Langenburg, Saskatchewan. Thirty-six-year-old Edwin Fuhr watched several dome-shaped crafts spinning above his crop field. As the domes ascended, a strong downward wind fell upon the field. During the experience, Fuhr reported a momentary period of paralysis. The crafts had left a number of circles in his field. The grass in the circles was pressed flat, not broken, burnt, or dead. Nearby dogs barked wildly and a neighbour's cattle broke through the fence during the experience. Eventually, seven circles were found on the farm.

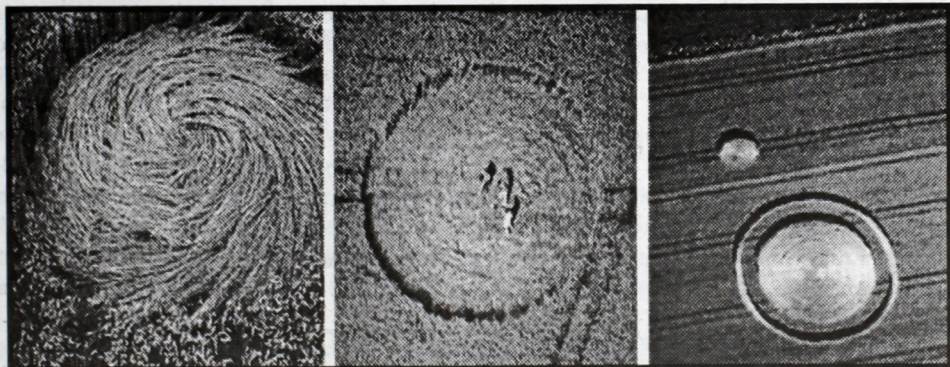
Scientists have attempted to explain crop circles as a result of natural processes. One popular theory that is accepted by many mainstream scientists was created by Dr. Terrence Meaden. It is still known as the "plasma vortex theory." It theorizes that electrified air on the leeward side of the hills, forms mini-tornadoes and screws down into the ground, thus creating the circles. The theory also holds that the electrified air would cause a light to appear above the circles, thus explaining the UFO sightings. This theory, however, has come under fire of late with the emergence of new, more complex, circles.

Another theory is that all of the circles are hoaxes. Major support for this theory comes from Doug Bower and David Chorley of England who

claim to have made over 250 crop circles in their lifetime. However, the ones to which they confessed were already deemed as hoaxes because of the ragged nature of the circles. It is very unlikely that all circles are hoaxes. Many crop circles show strange mathematical traits when analyzed.

One of the most controversial theories is that crop circles were created by extra-terrestrials. As mentioned before, UFOs have been sighted in the presence of crop circles. Many such circles are formed in UFO hotspots or during UFO-sighting waves. However, the question still remains: if extra terrestrials create the crop circles, why do they do it? Some claim that it is to warn us of impending ecological disaster here on earth. Others theorize that it is a way of introducing a "new physics." For now, the answer remains a mystery.

The crop circle phenomenon is an enigma. One that has grown from the supermarket tabloids to a science. Countless dollars have been spent by researchers and their association in an attempt to find an answer to this puzzling riddle. It is irrational to believe that crop circles are faked for publicity or other reasons. Many crop circles appeared long before the phenomena gained large recognition from the public and the press. Too many circles and patterns are found each year in too many countries for them to have been hoaxed. This is an intriguing puzzle that will continue to haunt humanity until an answer is found.



Kirlian Photography

Kirlian photography is a means of taking pictures of the non-material world with a camera. It provides a way of viewing the unseen patterns of energy and force fields that probably permeate all substances. It offers us a tool with which to view both art and science. The technique can serve as a medical diagnostic instrument, too. The Kirlian effect is useful for recording energy balances and harmonies in all forms of life.

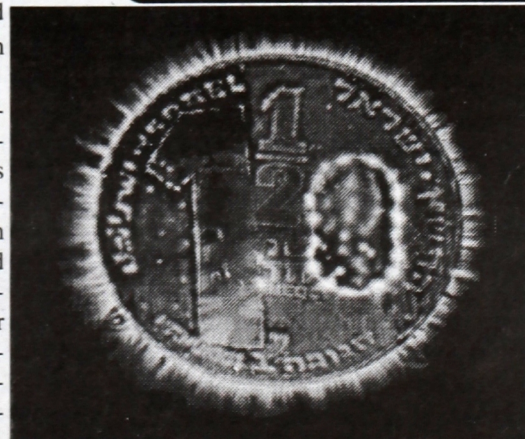
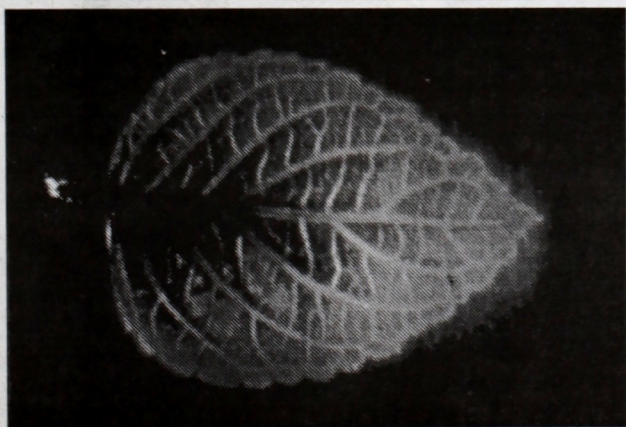
The equipment that produces the Kirlian photographic effect uses no light but only the radiation spark discharging from an object being photographed on a film emulsion. The equipment consists of a metal plate and a generator or oscillator that produces a high-voltage field or variable pulse and frequency.

Film put in contact with the plate and with the object on top of it causes a photograph to be produced. Depending on the

type of film used, different colours or shadings appear in a brilliant corona surrounding the object.

Prominent Kirlian researchers suggest that the effect results from a high-voltage corona discharge caused by pulsed high-frequency waves. Through the action of high-frequency fields electrons are emitted from the body of an organism and this energy gets dissipated in a photographic emulsion in the same way as light.

Each individual organism or material, it is believed, radiates and absorbs energy via a unique wave-field which exhibits certain geometrical frequency and radiation-type characteristics. Whether animate or inanimate, there is an extended force field that exists around all forms of matter.



This is a Kirlian photograph of a coin covered in cellulose. A piece of aluminum foil was cut in the shape of a number 1 (on the left). An oval hole has been cut in the cellulose coating (to the right of the number 1)

Bigfoot or Big Hoax?

In the last two centuries, there have been thousands of people that have claimed to have seen a giant hairy beast lurking in the forests of North America. All fifty U.S. states and all ten Canadian provinces have reported sightings and have found tracks of this mysterious animal.



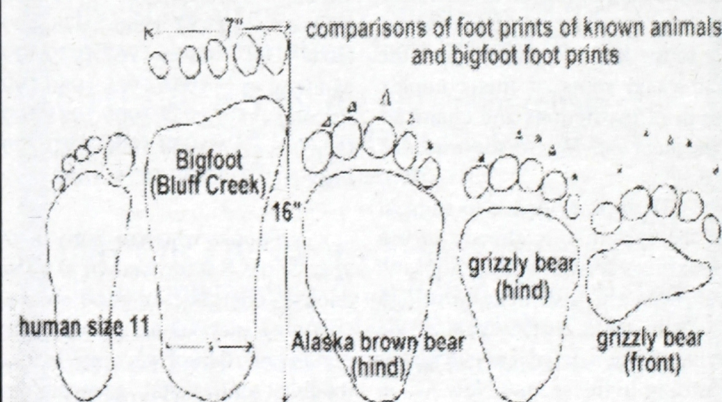
This phantom creature is known by many names: "hairy ghost", "Injun devil", "Sasquatch", and more recently, "Bigfoot." The lure of the unknown has led many scholars and adventurers to the trail of Bigfoot. Over the years, the creature has been examined and exploited in many ways - from in-depth magazine essays to can't-miss television specials to serious scientific inquiries. Throughout it all, the question still remains, does such an animal exist? Remaining undiscovered by adventurers and scientists or is Bigfoot a hoax of gargantuan proportions that has continued for hundreds of years?

Nowadays, much of the forest has given way to suburbs, so the Sasquatch is in resurgence all over the densely-forested northwest. Mainstream scientists have scoffed at reports of an ape-man lurking in the forests of the northwest, something akin to the great apes that dwelt in East Asia approximately half a million years ago. Not only is it unlikely that one wouldn't have been seen and clearly photographed by now, but it would be difficult for so large an animal to find adequate food in the wild land that remains.

Most evolutionists would love to see it happen, but not many are ready to throw their hats in the ring in support of such an animal existing. There is a handful of anthropologists, zoologists, and others who believe that the great apes could have crossed the Bering Sea along the ancient ice passage into North America and survived by cunning, brawn, and shyness in the huge tracts of forests in the Northwest. The mountain gorilla, for centuries, was the subject of wild tales among Africans. It wasn't discovered, however, until the 1840's by European scientists. When they were in pursuit of the gorilla, the scientists wrote: "we have an enormous amount of circumstantial evidence. We have footprints by the tens of thousands...one that is 22 inches. And they go bigger than that. The second thing is that we have sightings, and they number in the thousands. They're from people from all walks of life." sounds familiar.

It has been estimated that there have been a quarter of a million Bigfoot events in the past forty years. Scientists have tracked nearly identical reports from the Northwest into western China and the former Soviet Central Asia. They say this evidence supports their theory that the giant gigantopithecus - the greatest ape that ever lived, some 8 or 9 feet tall - did not die off in Asia 400, 000 years ago, but crossed over into North America and survived in small numbers.

Well, one thing is for sure: there is no hard evidence to support anyone's claim that the great beast exists. But those people who claim to have seen Bigfoot will go to their graves swearing that it exists. It is, however, getting more and more unlikely that such an animal would be able to survive in this ever-expanding populace of North America. By now, an animal of its size would likely have been proven to exist.



The Truth

Canada's Monster: Ogopogo

Ogopogo is the name given to Canada's sea monster. It is derived from a music hall song popular in the 1920's. Natives referred to Ogopogo as N' HA-A-ITK which, when translated, means "lake demon." Legend explains that the creature was actually a demon-possessed man who had murdered a local (after whom Lake Okanagan is named). As punishment, the Native gods turned the murderer into the giant sea serpent so that he would remain at the scene of his crime for all of eternity. Hence Ogopogo's longevity. Ogopogo frequents the waters between Rattlesnake Island and Mission Valley and has made journeys to both ends of the lake. Recorded sightings date back to the 1800's when John McDougall lost his team of horses when they were pulled under as he was swimming them across the lake in his canoe.

Ogopogo is dark green in colour, estimated at one to two feet in diameter with a length ranging between 15 and 50 feet. Ogopogo's head is said to resemble that of a horse or goat head with a beard. Ogopogo has been mistaken for a log, boat wake, large sturgeon, and other floating mysteries.

The government, in 1926, announced that the new ferry being built for travel across Okanagan Lake would be equipped with "monster-repelling devices." Since the construction of the floating bridge, travelers are assured regularly that it can withstand any damage that Ogopogo might seek to inflict upon it.

At some points the lake is over a thousand feet deep, and Ogie is believed to reside in an underwater cave off of Squally Point. Scientists believe Ogopogo could be a giant serpent or aquatic dinosaur left over from the Ice Age. The Okanagan Lake mystery is believed to be one of up to twenty-six other marine phenomenon all over the world.

Ogopogo has been sighted by thousands of individuals who have remained firm in their belief despite the ridicule from legions of non-believers. Both sides in the enduring debate seem to be divided into equal camps. The majority of sightings have been consistently similar. Over the years, the excitement surrounding the latest sightings have turned the monster into a worldwide celebrity, rivaling the recognition afforded to its Scottish cousin, Nessie. An intensive search and international interest was sparked by the one-million-dollar reward offered by Lloyd's of London for proof of Ogie's existence.

Despite the renewed frenzy, no one could ever produce undisputed proof to claim the bounty. A few people have claimed to have captured Ogie in photos and video, but that proof have been shot down.

by Karen Thistle
Feature Co-Editor

Since the beginning of time people have been dreaming. Some people believe that dreams are an interface with wisdom and knowledge not usually available to people when awake. The language of dreams is symbolic, that is, the symbol represents something else. The symbols themselves go beyond the outer appearance and have a depth of meaning. Dream images always contain hidden layers of meaning that usually have little association with the outer appearance of the dream symbol.

Because of the different ways the conscious and unconscious minds work, those who interpret dreams warn people not to impose our 'outer' beliefs and values upon an image seen. The first step to working with dreams is to record everything you can remember, even if the dream seemed unimportant at the time. Recording allows for the remembrance of information that usually fades rapidly from memory. Recording dreams also allows you to see developing patterns and perhaps resolve an issue by taking action based on the dream advice you have been given. Interpreters stress that all images of a dream are important even if they seem insignificant at first.

The metaphor of dreams can lead to many interpretations of what dreams are. One of the most common dream images is that of a house. The idea is that the 'mansion of the soul' is where people return to in their dreams. Different rooms and parts of

Sweet Dreams

the house represent our life, interests and our characteristics. A kitchen, for example, sets the scene where domestic and family matters are enacted.

Water is almost as common as houses and symbolizes life itself. Often when life is getting stressful people may dream of a flood of water, or where the person is near drowning. A lake in a dream may suggest a special haven towards which a person is struggling for.

Teeth in a dream that are loose or falling out usually happen when changes are taking place in the dreamer's life. Associated with the idea of the dreamer losing 'baby teeth' the dreams may also reflect a fear of change or gaining more responsibilities.

Colours in dreams often come to symbolize certain things in lives. Bright colours often emphasize the positive and dull, drab colours have negative association. However, a personal dislike for a colour obviously affect s the message. Red is a colour of physical energy and strength. Red may warn against rage and anger or renewed vigour. Yellow is the need for clear thinking. Green is calling for the dreamer to take time to be calm and to relax. Blue means the dreamer is protected from whatever it is that may be threatening them. Gold is sunshine and happiness.

An abyss reveals a down in the dumps situation. Things cannot get worse, only better. A very testing time is to be expected. An ace of hearts indicates romance and friendship will flourish. To be aware of air

in a dream means freedom at last. An arm is the symbol of physical effort. artist character represents the creative person within. Dice appear to warn that you may not want to take too many chances. A frog creature offers complete transformation of character - the proverbial frog to prince.

An unknown guest in a dream symbolize unrecognized potential, in others or self. Ivy is a hard clinging plant, so beware of hangers-on. Jewels and gems represent treasures of the mind: a plan or brilliant idea will emerge shortly. Kangaroos symbolize a restless, elusive person who hops from one thing to another. A knot symbolizes a union or marriage; a kiss, affection and genuine friendship. It is also a sign of recognition and discrimination. A lecture? Be ready for someone to speak down to you. Magnets are sex appeal and personal attractiveness. To be naked in a dream means to show the real self. All pretense is dropped and the truth is or will be revealed.

An ocean shows the vast emotional potential is reflected by the calm or turbulent state of the ocean. Parachutes offer a possible way out of a difficult situation. School symbolizes life which is made up of different lessons that the dreamer is to learn from. A tarantula warns that the dreamer is probably their own worst enemy. UFOs mean you are searching for and finding inner light and illumination - your soul. To be stung by a wasp warns that enemies are close at hand. Wealth often does not mean money but a wealth of friends, understanding, and wisdom.

Chinese Horoscopes

by Karen Thistle
Features Co-Editor

Like other ancient bodies of knowledge that have withstood the ages, the beginning of the Chinese astrology predates written records. Due to the lack of written texts, the origins and roots of this complex system of predictions and character assessment are lost to the mists of time.

There is evidence to suggest that the system was already in use approximately two to three thousand years before Christ. The astrology system is based on the cycle of the moon. As the new year is calculated according to the second New Moon of the Winter Solstice, the Chinese New Year is not fixed but falls sometime within a span ranging from the middle of January to the middle of February.

Chinese astrology uses twelve animals as a form of symbols to represent the nature and character of the people born not only in different years but also in different seasons and even at different hours of the day.

The general years, depending on the beginning of the Chinese New Year of January to February, of each animal is as follows:

Rat 1948 1960 1972 1984 1996

Ox	1949 1961 1973 1985 1997
Tiger	1950 1962 1974 1986 1998
Cat	1951 1963 1975 1987 1999
Dragon	1952 1964 1976 1988 2000
Snake	1953 1965 1977 1989
Horse	1954 1966 1978 1990
Goat	1955 1967 1979 1991
Monkey	1956 1968 1980 1992
Rooster	1957 1969 1981 1993
Dog	1958 1970 1982 1994
Pig	1959 1971 1983 1995

People who are born in the year of the Rat are known to be seductive, energetic, of good counsel, charming, meticulous, sociable, jolly, persistent, humorous, intellectual, lovable, sentimental, generous and honest. However Rats are also known to be profiteering, manipulative, agitated, gamblers, greedy, petty, suspicious, disquiet, tiresome, destructive and power-hungry.

The Ox are known to be hard-working, methodical, loners, leaders, proud, reserved, equilibrated, precise, confidence-inspiring, eloquent, self-sacrificing, original, silent, long-suffering, strong and tenacious. They are also known to be slow, loutish, stubborn, sore losers, authoritarian, conventional, resistant to change, misunderstood, rigid, vindictive and jealous.

The Tiger embodies people

who are hugely generous, well-mannered, courageous, self-assured, leaders, protectors, honorable, noble, active, liberal-minded, magnetic, lucky, strong, authoritative, sensitive, deep-thinking, and passionate. Yet they can also be undisciplined, uncompromising, vain, rash, in constant danger, disobedient, hasty, stubborn, disrespectful of rules and quarrelsome.

The Cat is also recognized by the symbol of a rabbit, it depends on the writer. Cats are discreet, refined, virtuous, social, tactful, unflappable, sensitive, companionable, solicitous, ambitious, gifted, forgiving, prudent, traditional, hospitable, and clever. The Cat is also known to be old-fashioned, thin-skinned, devious, aloof, private, fainthearted, squeamish, and hypochondriacs.

Dragons are scrupulous, sentimental, enthusiastic, intuitive, shrewd, healthy, influential, vital, generous, spirited, captivating, artistic, admirable, lucky, successful and autonomous. Yet they can also be stubborn, willful, demanding, irritable, loud-mouthed, malcontent, and judgmental.

Snakes are known to be wise, cultivated, cerebral, accommodating, intuitive, attractive, amusing, lucky, sympathetic, elegant, soft-spoken, well-bred, compassionate, philo-

sophical, calm, calm and decisive. However they can be ostentatious, sore losers, tight-fisted, extravagant, presumptuous, possessive, vengeful, self-critical, lazy and fickle.

People born under the sign of the Horse are amiable, eloquent, self-possessed, quick-witted, athletic, entertaining, charming, independent, powerful, hard-working, jolly, sentimental, frank, and sensual. They are also known to be selfish, weak, hot-headed, ruthless, rebellious, pragmatic, tactless, impatient, unfeeling, and predatory.

Goat or Sheep people are known to be elegant, creative, intelligent, well-mannered, sweet-natured, tasteful, inventive, persevering, lovable, delicate, artistic, amorous, altruistic and peace-loving. Yet they can be pessimistic, fuss-budgets, dissatisfied, capricious, intrusive, undisciplined, dependent, irresponsible, unpunctual, and insecure.

Monkey can be acutely intelligent, witty, inventive, affable, problem-solvers, independent, skillful business people, achievers, enthusiastic, lucid, nimble, passionate, youthful, fascinating, and clever. Yet they can be vain, opportunistic, long-winded, not all that trustworthy, unfaithful, adolescent and unscrupulous.

Those born under the sign of

the Rooster are frank, courageous, resourceful, attractive, talented, generous, sincere, enthusiastic, conservative, industrious, stylish, amusing, popular, adventurous, and self-assured. They may also be nit-pickers, braggarts, mistrustful, short-sighted, pompous, and brazen.

The Dog symbolizes people who are courageous, noble, loyal, devoted, attentive, selfless, faithful, modest, altruistic, philosophical, respectable, discreet, dutiful, and intelligent. Yet they are guarded, introverted, defensive, critical, pessimistic, forbidding, cynical, and stubborn.

Pigs are known to be obliging, loyal, scupulous, indulgent, truthful, impartial, intelligent, sincere, sociable, cultured, sensual, decisive, peaceable, loving, and sensitive. They may also be naive, defenseless, insecure, sardonic, non-competitive, willful, gullible and easy prey.



Is Out There

Reading Palms

The complex network of lines of the hand discernible in every palm is allegedly capable of steering us along life's course. Palmists analyze these lines not only to reflect the development of an individual's character traits as he or she matures, but also to reveal insights into the future. And armed with this knowledge, the believers say, a person can actually effect future events. The lines of the palm are constantly changing: Old lines may fade or grow clearer and new ones may appear, sometimes in a matter of weeks. By modifying behavior and changing attitudes, palmists maintain, we can change our lines - and thus our lives - to achieve our predestined potential.

Heart Line: An ideal heart line, indi-

cating a warm and demonstrative nature, begins at the hand's outer edge, beneath the Mercury finger. It traverses the palm near the base of the finger mounts, curving upward slightly before ending between the Jupiter and Saturn mounts.

An upward curve implies a physical or instinctual sexuality, while a straight heart line suggests that romantic imagery is important in love. Two or three branches at the line's end are thought to indicate a balance between emotions, realism, and physical passion.

Head Line: The head line, reflects intellectual capacity and potential. It usually begins below the Jupiter mount and traverses the palm. An analytical nature is typified by a straight head line, while a downward-

sloping line suggests creativity. A forked end indicates a balance between imagination and realism.

Average intelligence and good reasoning powers are symbolized by a head line stretching at least two-thirds of the way across the palm. A longer line is said to reveal keen insight and a range of intellectual interests. A wide gap between the head and life lines at their origin suggest **impulsivity and impatience**; the closer the lines, the more tentative the person.

Life Line: An indicator of disposition, physical energy, and well-being, the life-line usually originates between the mounts of Jupiter and lower Mars and follows the curve of the mount of Venus. A broad arc around the Venus mount is thought to

indicate a warm and emotionally responsive nature; a shallow arc, cutting into the mount, suggests an aloof, inhibited, or unresponsive individual. If the life line ends curving toward the Venus mount, the individual is said to be domestic, drawn to the comforts of home. A line curving toward the mount of Luna suggests a restless personality, one who loves adventure and travel.

The life line itself, if deep and clear, denotes a strong physical constitution, good health and vitality. Any islands may signal periods of ill-health or indecision. Breaks in the line are sometimes interpreted as an illness or accident or as a change in the individual's lifestyle.

Relationship Lines: On the outer edge of the hand, between the heart line and the base of the Mercury finger, one or more short, horizontal lines may be found. Called relationship or marriage lines, they supposedly indicate important commitments. The lines can signify deep friendships as well as intimate relationships. The stronger the line, it is said, the more potential for the union.

Lines denoting current or past relationships are usually indelibly etched in the palm, but those signaling future ones may change periodically. A line may become clearer to show deeper feelings, or new lines may appear. To estimate the age at which a relationship may occur, note the line's position between the heart line and the base of the Mercury finger; a point about midway may

mean age thirty-five.

Fate Line: Also known as the career or destiny line, this line reveals an individual's level of satisfaction with their profession or chosen task. Ideally, the fate line begins just above the wrist and moves upward toward the mount of Saturn. Generally, the higher in the palm the fate line begins, the later in life the person will find his or her true vocation.

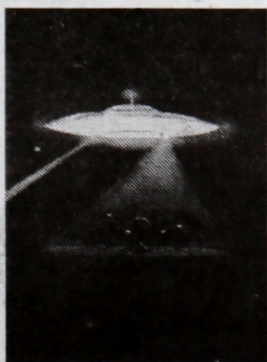
If the fate line originates in the mount of Luna, it portends to a career that depends on the decisions of other people - as in politics, for example - or the potential may exist for a number of careers and possible relocation. If the line arises from the mount of Venus, the family may play a part in the individual's profession.

The more content an individual is with his or her chosen path, the clearer the fate line may be; a weak, fragmented line may reveal a person who feels restless or unfulfilled. Breaks in the fate line are interpreted as a hiatus in one's career or a change of direction, and islands may reveal a temporary change in the path. An additional vertical line running close to the fate line may suggest a second career or strong avocational interest.

A person will remain active throughout their life, it is thought, if he or she possesses a long fate line. If the line comes to a stop at the heart line, however, the individual's ambition could be thwarted by emotions; if the line ends at the head line, his or her success may be stymied by some sort of intellectual barrier.



1. Mount of Venus
2. Lower Mount of Mars
3. Mount of Jupiter
4. Mount of Saturn
5. Mount of Apollo
6. Mount of Mercury
7. Upper Mount of Mars
8. Mount of Luna
9. Heart Line
10. Head Line
11. Life Line
12. Relationship Lines
13. Fate Line



SGA NOTICE AGE AVIS

Pick up your Student Saver Cards at the SGA office. Any questions or for general information drop by and see us.

CHEQUES for the drug plan rebate should be in at the end of October. Please bring proper identification.

IMPORTANT if you have any drug claims outstanding from 97/98 please submit them to Canada Life before October 30, 1998. Canada Life claim forms are available at the SGA office, SCE 212.

NEW NEW NEW NEW NEW
The drug plan for 98/99 is now in effect. Simply use your LU Student Card when picking up a prescription at the pharmacy. For students with family coverage, the SGA will call you when the cards are in. Also if you have purchased any drugs since Sept./98 and need a claim form, simply come to the SGA office. Pamphlets are also available.

2nd floor of the Student Centre SCE212 or call us at 673-6547



ENTERTAINMENT



Dear Dharma

by Dharma Brody
Advice Columnist

Dear Dharma: I have a major problem that my friends just laugh at me for. I have a great boyfriend that I have been seeing for a while. The only problem I have with our relationship is that he gives more attention to his dog than me. If we are hanging out or getting busy and his dog walks in, he forgets me and makes sure the dog is okay. He will feed the dog before me and will blow off dates to play with or walk his dog. What can I do to get his attention back?

Dog House

Dear Dog House: You should look at this in a positive way. You have found one of the only men in the world who has no problem with the commitment of raising, caring for, and being a father to another creature. Sure, it is a dog, but you will find most men aren't even as nice to their mothers as this guy is to his dog. Sure, it gets in the way of your time with him, but you have to understand that the dog is like his own baby. He is the parental figure to that animal and that dog looks to him for his survival. If you really want to get his attention though, you could always just bite him or pee on his leg!

Dear Dharma: How can you stop rumors from spreading in residence? Everyone seems to want to talk about what I am doing and I am the centre of everyone's conversations. People should just leave me and my extra-curricular activities alone! How can I live my life in residence without being the centre of attention?

Spotlight

Dear Spotlight: Just from your choice of words it sounds like you enjoy the spotlight a little more than you let on. You seem to repeat that you are the centre of attention and you actually seem to like it. Most people who are rumored about are the ones who make it obvious that they are doing something. Just live your life and try not to make yourself the centre of attention and most people will leave you alone. And for your question of stopping rumors in residence... rumors spread as fast as crabs in our residences. Every where you go they just keep jumping up.

Dear Dharma: My girlfriend masturbates in her sleep. We have sex a lot and I am sure that I satisfy her, so why does she masturbate while sleeping?

Confused

Dear Confused: If she is sleeping she probably has no idea that she even does it. Have you ever told her that she does this or do you just watch or listen? If you don't tell her then she may have no clue. If you think she is doing this to satisfy herself, why don't you wake her up? If a girl is masturbating in her sleep she must be at some state of arousal and probably will have no problem with spontaneous sex in the middle of the night. Make sure she consents of course! Everyone has weird sleeping habits. Hers is just a little more enjoyable. My boyfriend claims I snore in my sleep. I just wish I woke up from snoring with an orgasm like your girlfriend probably does. Just go with it.

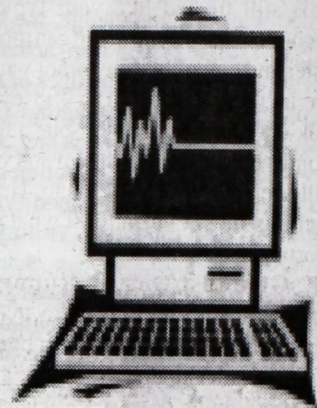
Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Asst. Entertainment Editor

Lee's Useless Super-Hero Generator:

<http://home.hiwaay.net/~lkseitz/comics/herogen/herogen.cgi>

I have this weird obsession with superhero crap, so right away, I'm biased when it comes to this site. Come on, how can you not like a site that invents a ton and a half of superheroes (or villains) for you? Well, it doesn't invent everything about them, but if you're just looking to read some funny/interesting superhero ideas, it's good enough. You get to specify whether you want a superhero, supervillain, or teams of either. You also get to choose whether or not it says their power, the source of their power(s), their weapon, and/or their transportation. It's actually a lot funkier than it sounds, and though some of the names are kinda normal (for superheroes anyway, e.g. Thundernova, Mynd Atom and Earth Wing), it does come up with some weirdass ones every once in a while (my favorites have to be my Squirrel Woman, Slug Dog and Robomummy).



MSNBC:

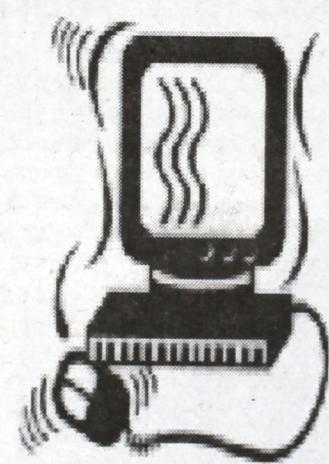
<http://www.msnbc.com/>

Yeah yeah, I know, it's a Microsoft site (hence the MSN part of the address), but I really have to admit, it's a damn good source for free, daily news (I hate using the word "reliable" when describing news...it sounds so Barbara Walters-ish). You can customize what news you have access to, to make life easier, or you can go over every news bit they have. And they have a LOT. A cool little bonus that they offer you is this instant news updater program that loads itself up every time you connect to the 'net, and presents you with breaking news stories as they get posted on the site (great if you're working online and like to keep up with the news). Normally, I despise all things Microsoft...but if you want to stay informed, and don't have the time to watch the news on TV (or don't feel like putting up with commercials), this is a pretty good place to visit. I still hope Bill Gates gets his legal ass kicked in his anti-trust court case, though.

Calvin And Hobbes:

<http://www.calvinandhobbes.com/ieindex.html>

In my opinion, Calvin and Hobbes was the funniest damn comic strip ever to hit the printed page. Needless to say, I was absolutely heartbroken when Bill Watterson, the author/artist/cartoonist, decided to pull the plug on Calvin. Now that you know how biased I am when it comes to this cartoon, I can tell you that I think that this is a GREAT site! Every day, this site "reprints" the Calvin and Hobbes strip that was published eleven years to that day, starting with the very first one ever, which was published on November 18th, 1985. You can search through all the ones that it's reprinted so far, and since this site has been up for a few years, there's a quite a lot available to hunt through. If you really want to, you can send any comic from a given day as a electronic postcard to somebody, and if you really, really want to, you can actually buy one. If you're like me, though, you'll ignore these options and just enjoy seeing Calvin and Hobbes again.



The Dialectizer:

<http://rinkworks.com/dialect/>

Ever want to sound like a redneck, but have too many brain cells? Ever want to talk jive, but don't really know what jive is? If you said yes to either question, you have a problem...but nevertheless, this is the site for you. There's two main options to choose from, one of which lets you type your text in a box, choose what kind of dialect you want it switched to (Redneck, Jive, Cockney, Elmer Fudd, Swedish Chef, Moron or Pig Latin), and see what your new sentence is. For example, "I'm sure I left my mutant three-headed pig-dog around here somewhere", converted to Redneck, becomes "ah's sho'nuff lef' mah mutant three-haided pig-houn'dog aroun' hyar somewhar". The best part of the site has to come from the Website Dialectizer option, though. Enter in the address of any site, and you can browse it as if it were written in the dialect of your choice. It lets you see everything in a whole new light. This site is a definite must-visit. It's funny as hell to see a serious website suddenly Redneck-ified. Trust me, if you didn't want to visit MSNBC before, you will now...

Shooters of the Week

1. **Mudslide** - 1/3 Irish Cream, 1/3 Kahlua, 1/3 Vodka
2. **Mocha Mint** - 1/3 White Creme de Cacao, 1/3 White Creme de Menthe, 1/3 Kahlua
3. **Chocolate Covered Cherry** - 1/3 Creme de Cacao, 1/3 Amaretto, 1/3 Kahlua, a dash of Grenadine
4. **Banana Boat** - 1/4 Lime Juice, 1/4 Banana Liqueur, 1/2 Tequila
5. **Sea Breeze** - 1/5 Vodka, 2/5 Cranberry Juice, 3/5 Grapefruit Juice

OVERLOAD

BY MAT THOMPSON



Off The Top Rope

Top 5 Under-Rated Wrestlers + The Others

By Mat Thompson
Entertainment Editor

Just like the title says, this week's column is dedicated to bringing a little light to some of the most under-rated, under-used wrestlers around. Many of you won't agree with me, and a few of my list may be on the rise, but they deserve this look.

#5. Jueventud Gurrera. Sure he has held the Cruiserweight Title, but he is still treated like your typical Luchador. This young talent can move faster and better than any other wrestler in the business! The kid even took on The Giant one-on-one a few months back. Just watch him and you will see exactly what I mean. He is exciting, inventive and just what the sport needs.

#4. Golddust/Dustin Runnels/Rhodes. Sure he has had a major personality conflict lately, but he is a great wrestler that never really gets the spotlight he deserves. As Dustin he was always just a little version of his dad, but as Golddust he stood out. McMahon used him as a superstar for a while, but then he became a joke. Dustin can easily wrestle on a heavy-weight level, but no one gives him the chance above an IC or US title shot. If they just let the wrestlers go at it, I bet Golddust would come out on top!

#3. Wrath. Have you seen this guy lately? He was a pretty dominant force a year or two ago, but now he is a monster! WCW had better use him to their advantage. He never had a chance as Adam Bomb a few years ago for McMahon, but now he has the potential to take on the big boys/old boys. This guy deserves to be in the spotlight!

#2. Jeff Jarrett. Sure, he has been around for a while, but I think he has paid his dues and deserves a bigger shot! He played the country singer for so long that fans lost sight of his true talent. He is a lot like Bret Hart. He created his own way to the top and went through years of torture to do so. He deserves a heavyweight shot. He reminds me of a young Rick Flair or Curt Henning. He can wrestle better than most and deserves so much more.

#1. The Former Flock (not including Lodi). The whole lot of them were just oozing with talent but they sat there and Raven took all the glory. Saturn broke free and is now rising fast. Sick Boy and Riggs could easily have a lucrative career if they would wrestle more. Kidman is probably

the best thing to come out of the flock. I am so glad he is now the CW Champ. No one deserves it more and I hope even after his reign that the WCW keeps him going. Kidman has to be one of the best pure athletes around. Sometimes WCW doesn't know what they have until it's too late. They had better look hard at Kidman because they have a young talent that is going to go far!

And for the list of over-rated...

The entire nWo - their ages add up to about 10,000

Chris Jerico - Someone please kill him!

Bret Hart - Past his prime!

Ken Shamrock - Six moves and no personality

Steven Regal - Doesn't even know how to wrestle

Road Dogg - All show

The Nation Flunkies - D-Lo, Henry and Godfather have as much talent as a cheese slice

Kane - Nothing without the costume (used to be Issac Yankem DDS) and...

Goldberg - Six moves, Can't Speak and hasn't been around long enough to garner this type of attention.

So there you have it. Sure a lot of guys were left out, but I can't get them all. One honorable mention has to go to Chyna. She is probably one of the better wrestlers, she just has to get the okay to wrestle the boys and she will wreak havoc!

Skewed News Briefs

by Nick Stewart
Asst. Entertainment Editor

Tyson Returns to the Ring

Fifteen months after the infamous biting of Evander Holyfield's ear, and following numerous appeals, the Nevada State Boxing Commission has reinstated Mike Tyson's boxing license. Unsure of his mental well-being, the commission launched an intensive five-day psychological profiling on Tyson, which eventually found him to be sane. Tyson went on to support this judgement by firing his promoter, Don King, and replacing him with a french poodle called Foo-Foo. This move still failed to appease certain critics, which accused Mike of still being hungry for blood. Tyson defended himself by stating that he's suffered enough by being unemployed for the last year, which has also crippled his financial status. When asked if getting back in the ring would solve his money woes, Tyson replied, "Hey, a guy's gotta eat..."

Ask for him by name

THE ORIGINAL INGREDIENT FOR FUN



MUD BEAM

15 ml	(1/2 oz.)	Jim Beam
25 ml	(3/4 oz.)	Kamora Coffee Liqueur
25 ml	(3/4 oz.)	Irish Cream Liqueur

Combine all ingredients with ice in a low ball glass.

DR. JIM BEAM

60 ml	(2 oz.)	Jim Beam
250 ml	(8 oz.)	Cherry Cola
		Cherry

Combine ingredients in a tall glass with ice. Garnish with cherry.

BEAM BENDER

15 ml	(1/2 oz.)	Jim Beam
15 ml	(1/2 oz.)	Ronrico Rum
15 ml	(1/2 oz.)	Gonzales Tequila
15 ml	(1/2 oz.)	Melon Liqueur
15 ml	(1/2 oz.)	Melon Balls

Pour ingredients over ice in a small rock glass and garnish with melon balls.

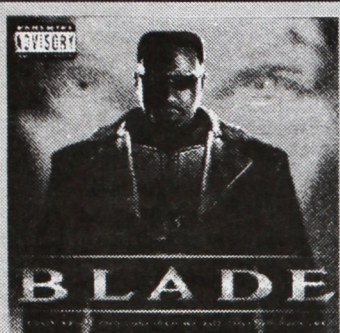


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Issue!!!

MUSIC FOR THE MASSES!!!

REVIEWS BY MAT THOMPSON, ENTERTAINMENT EDITOR

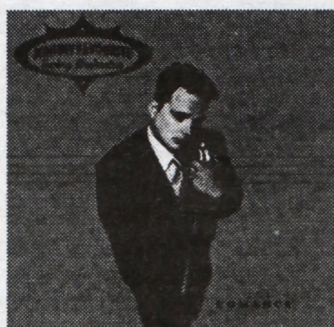


Blade - Original Soundtrack

Damn good movie, not a good soundtrack whatsoever! It's kind of disappointing when bad movies have great soundtracks and the good movies have crap. Usually, you buy a soundtrack to remind you of the movie, but this one just makes you wish you spent your \$20 somewhere else!

The whole album is pure, un-cut Gansta Rap and a whole bunch of techno. First of all, these two sounds really don't mix well on one album, and second of all... (not to be redundant) the album is crap! There are some very well known artists on the album like Gang Starr, KRS-One, Bounty Killer, EPMD and others, but they are wasted with bad songs on a bad album. Oh, yeah. Unless you are a masochist you might as well skip the unbearable 10 minute plus remixed version of *Confusion* by New Order. You'll want to drive a wooden stake through your own heart after the 8-minute mark!

Blade is just a CD that would make a great beer coaster!

Johnny Favourite
Swing Orchestra -
Holiday Romance

Universal Music is just pouring out the swing bands, and Johnny Favourite is the latest to hit the store in this tidal wave of Swing.

Johnny Favorite has an older sound than some of the other swing bands out there. Their style is more reminiscent of the classics like Cab Calloway, but their beat just drives like no other. It is almost tribal the way their drums pound and beat throughout the entire fifteen tracks. *Holiday Romance* and *Rootbeer & Licorice* are the two big tracks that have been receiving airplay, but there are many more phenomenal tracks that deserve to be heard!

There are a lot of bands that are just cashing in on the swing sound, but Johnny Favourite has nailed the sound and style perfectly. *Holiday Romance* is available now and is a definite must have for fans of swing and fans of the true classics!

Clay Pigeons -
Original Soundtrack

If you have seen this movie then you know that country is of course the major influence on this album. Just look at the cover of the soundtrack and you know there has to be at least a few country tracks within.

For such an alternative movie, the soundtrack is pretty basic. The songs are generally just classic country including Don Gibson and Pat Boone. There are some modern performances by artists such as Lyle Lovett and Sara Evans. But to add a little fuel to the fire, there are some non-country bands mixed in. Tonic, Firewater and The Verve Pipe lend their modern alternative sound to this predominantly country soundtrack. This album isn't for anyone who hasn't seen the movie. You have to have seen *Clay Pigeons* and liked the music as much as the movie to really be interested in this soundtrack.

The movie is out now and I recommend seeing it before checking out the soundtrack.



Cypress Hill - IV

Gone are the days of *In-sane in the Membrane*. Cypress Hill has gone hard core! Sure B-Real and DJ Muggs are still spinning the good old smokin' grooves that make you long for days of paranoia and the munchies, but they have gone to a new level that sounds like they may go postal anyday!

IV features the good old beat and Drano vocals that you remember, but the tone is harder and the lyrics are just plain scary! Taking a lesson from other gangsta acts, Cypress is joined by other artists for a little support including Barron Ricks, MCEIHT and others. I'm really stretching to do this review as this music really isn't my thing. I can't say its good in my view whatsoever, but I know a lot of people will love this album.

Cypress Hill has entered a new level, and as B-Real says: "We're... taking advantage of the doors that were kicked the f**k open!" In any rate, if you like Cypress Hill, check out the all new and improved IV.

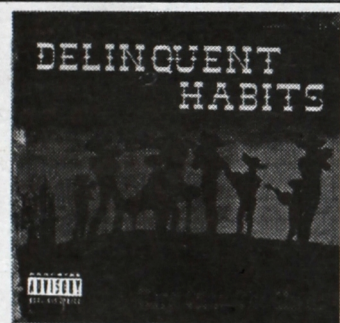


Earthboy

Nothing too spectacular here. Earthboy is just your typical alternative-retropop band with a rehearsed sound that seems to come out of nine out of ten alternative bands today. There is a little Lennon-like psychedelic sound mixed in here and there, but they are just another Collective Soul/Live sound alike band.

I can't really be mean to Earthboy in this review as there is really nothing bad about their music, but there is nothing really catchy about it either. If you heard any of these songs on the radio, you wouldn't stop what you were doing to listen wanting to know who the band is. You would just let the music drift into the background like elevator music.

I see talent in the music, but they really need to work on the sound. Earthboy is out there and available, but I just can't really say check it out. But if you are one of those music sheep, following the same style everywhere, maybe you will like this (that is if someone else tells you it is good).

Delinquent Habits -
Here Come the Horns

Now this is certainly something you don't hear often in Sudbury... Latin Hip-Hop! If you haven't actually listened to this style of music, you have missed out. There is a cool extra flavor to the music that is missing from most. It makes the music more enjoyable, and fun than the usual same old, same old.

Delinquent Habits formed on the Los Angeles party circuit back in 1992 and have come along way to get to this album. Their sound is a lot like that of old Cypress Hill mixed with a little Menudo. Just picture if Rico Suave and B-Real jammed.

Here Come the Horns contains fifteen tracks that give a new edge to the hip-hop genre that it definitely needed. The album is available now.

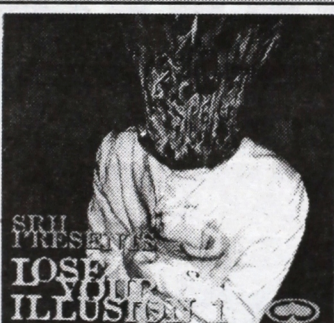
See Page 15 For
The Local
Talent... Local
Acts listing for
Sudbury!!!

Keb' Mo' - Slow
Down

Slow Down is the long awaited third release by Blues-man Keb' Mo' who has taken the Blues world by storm. In only a few years time he has been featured on numerous soundtracks, other legends (Joe Cocker and BB King) have covered his material, and he has won numerous awards.

Keb' Mo' has a new style of blues that mixes the old standard acoustic-lead Blues with a newer folk/pop rhythm that lends to a more upbeat, happier Blues sound, without losing the old time tradition. The album contains twelve songs written by Mo' and the old Robert Johnson standard, *Love in Vain*. I admit I was never really a fan of Blues, but this album really caught my attention. Keb' Mo' has added his special something to make his style more appealing to a broader base of listeners.

Slow Down is available now and is definitely worth checking out. Give it a chance, you may just like it.

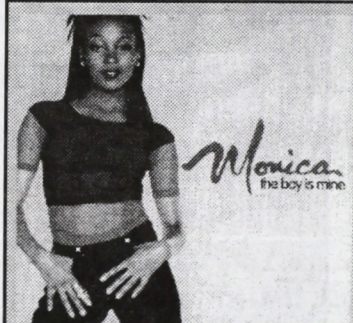


Lose Your Illusion 1

I think the CD booklet defines this album perfectly... "Lose Your Illusion 1 - This CD is a compilation of bands that reflects the musical tastes of today's youth or at least ours. The title applies to all the experts that have tried to pigeon hole us as 'Gen X' and don't know what the fuck they are talking about."

This whole album is aimed at the Extreme Sports genre of skateboarding, rollerblading and surfing to alternative music. *Lose Your Illusion* is a compilation that contains eighteen tracks that include previously unreleased tracks by Sprung Monkey, Kottonmouth Kings, The Offspring and Buck-O-Nine. There are also many other bands like Hepcat, Wank, Limp Bizkit, Guttermouth, Pennywise and Rocket From the Crypt just to name a few. There is a feeling of speed and hyperactivity that lingers throughout the album. Not a single beat is missed as *Lose Your Illusion 1* rams modern culture down your throat.

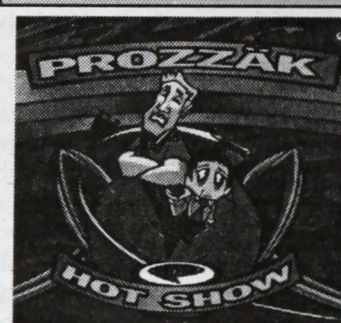
Lose Your Illusion 1 is a great addition to your collection especially if you have the Extreme Sports Soundtracks. No ballads here... just alternative fun!

Monica - The Boy
Is Mine

A few months ago R&B fans had a choice to make. After hearing the song *The Boy Is Mine*, they had to choose which album to buy... Brandy or Monica. Most, like me, picked Brandy as she was the bigger name of the two. But after getting a hold of this copy of *Monica*, I admit I made the wrong decision. *Monica* is, by far, the better album!

Both Monica and Brandy's albums are close to the same. The both have versions of *The Boy Is Mine*, a few duets with other rap superstars and a remake of an old 80's lover song, but Monica has that natural, beautiful talent that leaves Brandy in the dust. Her voice is so much better and she is much more believable and real in her singing. Hell, I never thought I would ever like Richard Marx' *Right Here Waiting*, but with Monica turning it into a sexy R&B ballad, you immediately forget that scary little troll Marx.

Everything about this album is fantastic. Monica is what Brandy wishes she could be!



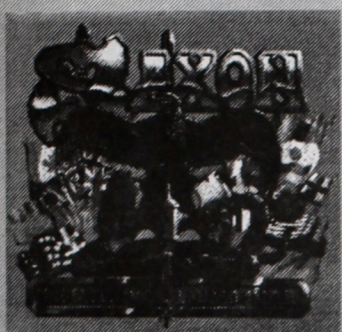
Prozzak - Hot Show

Not to be mean, but I laughed my ass off listening to this album! Picture the music of both Aqua and Cat Stevens played by an alternative band that has a lead singer that sounds like the guy from *Right Said Fred*. Scary, isn't it!

This album is a great big mess from a band with a definite personality conflict. They start out with driving beats and funny Aqua-like songs, but then they turn into an acoustic band with ballads that make you laugh. The vocals fit well with the techno/dance tunes, but when it comes to the ballads, it sounds like Mike Myers doing his Simon imitation. If they stuck to only dance music, the album would be great. The song *Shag Tag* is hilarious and makes you want to watch Austin Powers again and again, but acoustic tracks like *Anna-Lisa* make you wish assisted suicide was legal!

Prozzak's *Hot Show* is available now. Use extreme caution with this one. The first tracks may fool you. There is good stuff, but there is a lot of crap too!

TUNES... RIFFS... DITTIES... MELODIES...



Saxon - The Eagle Has Landed II

Just like Judas Priest, Van Halen and Iron Maiden, Saxon is still around, pumping out their own brand of Heavy Metal that dates back to the late 1970's. Sure, they may be old, but there are still many fans who crave the sound of old 80's metal bands that knew how to play real heavy metal.

The Eagle Has Landed Part 2 was recorded on the 1995 *Dogs Of War World Tour* in Germany. The album is a double disc set that includes some of the biggest hits you never heard of. Not to be mean to the band, but I don't know anyone who actually knows any songs that Saxon sings. In any case, this is a great live album from a band that seems to have fallen through the cracks. 80's metal has long since died, and only a few survivors remain. Saxon may have survived, but they faded a long time ago.

Unless you are a fan that knows at least two Saxon songs, this album should just be left to it's demise... the bargain bin!



Sepultura - Against

Have you ever been afraid of an album? I never have... that is until now! This has to be the hardest, most severely fucked music I have ever listened to in my life! *Hammer Works* (RIP) never prepared me for anything of this nature. I don't even think this band is human!

I tried to be open-minded, but I think the lead singer, if you can call it that, needs to remove the microphone from his tonsils before he chokes to death! I know there are fans out there, but I just don't get the draw to this music. I'm not old, but it's just too damn loud and I can't understand a word. Holy shit, I just sounded like my father! I need a beer!

Okay, *Against* is available now and is about as heavy metal as you can possibly get. I know Sepultura is big, but I just can't listen to another second of this. Pick it up if you dare!

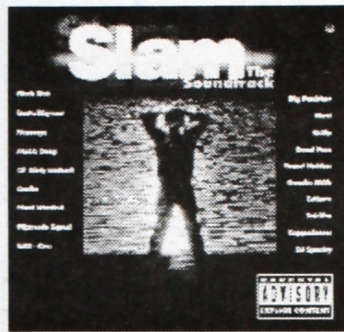


dada

Picture what would happen if the Beach Boys were born three decades later than they were. That would mean that they would be releasing new albums now, and I bet they would sound exactly like *dada*. This California band must have been brought up on *Good Vibrations* and *Fun, Fun, Fun* since the Beach influence is right there in the listener's face.

This self-titled release is *dada's* forth album, and their first for MCA. The thing that makes *dada's* sound stand out among the rest of the alternative southern California garbage is their harmonies. Their music is very modern, but their harmonies seem to come from another time. The tempo of the album is definitely upbeat and fun. There are great songs, but one stand out is the acoustic ballad *Goodbye*. This is a phenomenal song that lets the band's true talent shine through.

If you want an alternative band that has a little something extra, check out *dada*. This album is worth a shot!

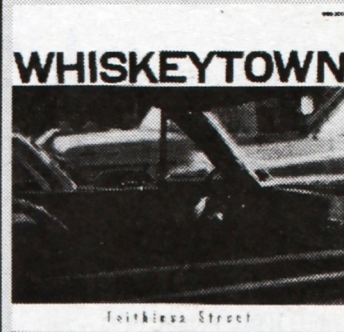


Slam - The Soundtrack

Anyone ever even heard of this movie? I have \$100 that says it never plays in Sudbury! In any case, the soundtrack to this mystery movie was released this week and any fans of rap will surely scoop this one up fast!

It features Busta Rhymes, Noreaga, Ol' Dirty Bastard, Coolio, KRS-One, Big Punisher, Cappadonna, DJ Spooky, Next and a hole shit load more superstars of the rap world. This is *THE* album to get if you love these artists. Where else can you get an album that contains 19 tracks of pure rap by the biggest names of the late 1990's? Everyone is on this album! It is basically a Wu-Tang reunion and they brought a whole bunch of friends with them.

I have no idea where or when the movie is going to be released, but *Slam* is available now on Sony Records and is one of those collections that comes along only once in a lifetime. Check out *Slam* now!



Whiskeytown - Faithless Street

Yes, it's country... but it has a definite rock edge to it that makes it a little different from the rest.

Faithless Street is actually a re-issue of Whiskeytown's indie 1996 release. With 21 tracks, *Faithless Street* is a great showcase from this band. There are bonus tracks galore and a bunch of tracks that come from a sit-down recording session. No matter what track you listen to, there is something for you. For the die-hard country fans, there is country, country and more country! But as the album goes on, the tone changes to a classic rock/alternative country sound that is very interesting. The band seems to have found a different direction from the original release of this album and it works well. My bet is they listened to a lot of *Beggar's Banquet* before recording the new tracks!

This re-issue is available now and fans of new country will love it along with true blue country fans. Check out *Faithless Street*.

Local Talent... Local Acts

The Elephant Band - Those big bad Sudbury boys will be headlining their own gig on November 14th at the Night Club. Don't miss it!!!

All Hell Breaks Loose Again on Hallowe'en!!! Wild Vibes II

One Sweet Jane, Hell's Half Acre, Formaldihyde Dandelion, Ritual Sacrament, Catch 22, Groundklaw, Magus, H-Gruv and Undead are going to rock the hell out of the Caruso Club on October 13 from 6pm - 2am. Cost is \$10 per person and please add one non-perishable food item to the ticket price in support of Sudbury's Inner City Home.

LOCAL ACTS... GET YOUR SHOWS LISTED IN LAMBDA.
CONTACT MAT @ 675-1151 X2404!!!

OVERLOAD

BY MAT THOMPSON

Green Eggs
& Tequila...

THE BREAKFAST
OF REZ?



DRUNKEN POETRY CORNER

* Starkle, starkle, little twink, *
* * * * *
** * Who the hell are you I think. *
* * * * *
* I'm not under what you call * *
* * * * *
* The alcofluence of incohol. *
* * * * *
* I'm just a little slort of sheep *
* * * * *
* I'm not drunk like thinkle peep * * *
* * * * *
* I don't know who is me yet, *
* * * * *
* But the drunker I stand, the longer I get.
* * * * *
* So just give me one more fink to drill my cup, * *
* * * * *
** 'Cause I got all day sober to Sunday up! **
* * * * *



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BEVERAGE SPECIAL

STUFF YOURSELF
TUESDAYS
Two 1/4 lb fajitas
for the price of 1.
All day long!

WORKING STIFF WEDNESDAYS
A complete dinner for two,
including coffee/tea and dessert
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GREAT CANADIAN STEAK SALE
THURSDAYS
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steak. All day long.

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Good to the bone brunch.
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Kids (6-12) - \$6.95
Kids under 6 eat free!

HAPPY BIRTHDAY DAYS
Come into Casey's on your
birthday and we'll give you
anything you want from the
menu FREE

* Any one item from the lunch or
dinner menu and a Coca-Cola
softdrink. Photo ID Required.
Valid on birthday only!

Still Lonely? Try These Pick-Up Lines.

It's been two weeks since we gave you the first list and if you don't have a date yet, don't fret because here is another 28 pick-up lines that are sure to get you a date or two.

1. Come to my bed. You may never leave.
2. My name is (insert name here). You'll be screaming that later!
3. Your father must have been a baker because you have a great set of buns.
4. Is it hot in here or is it just you?
5. (Grab the person's ass) Is this seat taken?
6. Do you know what would look good on you? ME!
7. My face is leaving in ten minutes. Be on it!
8. My name is (insert name here) but you can call me lover.
9. You are beautiful and you will be with me tonight.
10. Want to go back to my place for a pizza and a fuck? What, you don't like pizza?
11. Fuck me if I'm wrong, but aren't you Elvis?
12. (To a woman) All those curves and me with no brakes!
13. If I told you that you had a beautiful body, would you hold it against me?
14. Can I have directions? (person asks "Where?") To your heart.
15. (Man to Woman) How about you sit on my lap and we'll talk about anything that pops up?
16. (When a woman has her hand on your leg) You just think that's my leg!
17. The word of the day is LEGS. Lets go home and spread the word.
18. Let's go back to my place and do what I'll tell my friends we did anyway.
- 19 Will you be my love buffet. I'll spread you out on a table and take everything I want.
20. Nice shoes! Wanna Fuck?
21. Oh, come on. I know I was good last time! (This is only used by the truly desperate, so beware!)
22. Are your feet tired? (Why?) Because you have been running through my mind all night.
23. If I were a you, I'd fuck me!
24. I write for Lambda. Lets go home and make some news!
25. What winks and fucks like a tiger? (When they other person says "What?" Wink at them and give a little growl)

Random Uses for a Beached Whale

by Nick Stewart

Asst. Entertainment Editor

Use #4729: If your parents threaten to come over to see your new apartment for the first time, climb into the beached whale, and set up a chair and a sleeping bag. When your parents do go over, invite them in. Point to the blowhole and brag about having a skylight.

Use #826111: Take a picture of the beached whale and carry it around with you in your wallet (or purse). Show people and tell them that it's your son, Herbert. Mention how he's gained a bit of weight in the past few years.

Use #58271: Have it airlifted to your local golf course, and make sure it gets placed directly on top of the 16th hole. Go to the clubhouse and complain to the manager that you're having problems getting your ball back from "that hole with the whale on it". If he just looks at you funny, poke him in the eye with a tee.

Use #87: Glue a bunch of skirts and blouses to its body and stick a hula-hoop through either side of its head. Sell tickets to people to see "Shasta, the World's Largest Drag Queen". If people show any kind of interest, announce that you're opening a clothing store called Fashionable Whale.

Sick Joke of the Week

After having their 13th child, a redneck couple decided that that was enough. They could not afford a larger trailer so the couple went to the doctor/vet and told him that he and his wife/cousin/sister didn't want anymore children. The doctor told him that there was a procedure called a vasectomy that could fix the problem. The doctor instructed him to go home, get a cherry bomb, light it, put it in a beer can, hold it up to his ear and count to ten.

"I may not be the most learned man around these hills," the redneck said, "but I don't see how that is going to work." So the couple drove to get a second opinion.

The second doctor was just about to explain to them the medical procedure for a vasectomy when he realized how truly backwards these people were. Laughing to himself, the doctor told him that the first doctor was correct in telling him to light a cherry bomb, put it in a beer can and hold it up to his ear while counting to ten.

Figuring that both doctors must have made it well past the 4th grade, they couldn't be wrong. The man went home, lit a cherry bomb and put it in a beer can. He held it up to his ear and began to count.

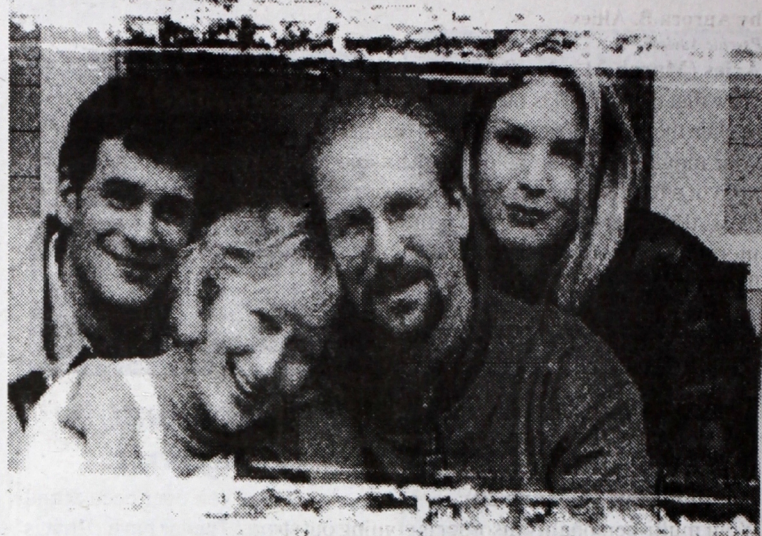
"1...2...3...4...5....", and at this point he paused, placed the beer can beer between his legs and resumed counting on his other hand.

One True Thing

by Mat Thompson
Entertainment Editor

Get ready for one of the most emotionally draining movies ever created! If you can actually watch this movie without having some kind of emotional reaction, then you are not human. This is one of those movies that will affect and touch every person in the theatre.

One True Thing stars Renee Zellweger (*Jerry Maguire*, *Empire Records*) as the successful daughter of William Hurt and Meryl Streep. When her mother is diagnosed with cancer and needs help at home, her father convinces her to leave her job as a writer at a very successful New York magazine to come home and take care of her mother. Little does she know that she is home for that reason, plus to keep her father's life in order as well. As she tries to keep her life going on the right track, everything seems to crumble at her feet. She finds out things about her father she never knew, she begins to live the life she never wanted and her mother deteriorates before her eyes. Renee is forced into a completely different world as she takes care of her mother. Her life is so completely different from that of her mother that she can't fathom how her mother can even live the way she does. As the cancer begins to take its toll on Streep, Renee finds herself taking over for her mother in every way. The whole family deals with the cancer in their own way, and in the end everyone is forced to decide what should be done and what is the right thing.



Although Meryl Streep is the star power behind this movie, she is actually overshadowed by Zellweger and Hurt. Renee Zellweger brings such emotion and reality to the screen that you just have to feel for her. Not many young actresses can bring so much raw emotion and reality to the screen and Renee does. She was great in *Jerry Maguire*, but this was probably the role of her lifetime! I am amazed that she doesn't get more jobs with such raw talent.

William Hurt, last seen in *Lost in Space*, plays the husband of Streep who is just plainly a narcissistic bastard. He is an English professor who puts his career above the welfare of his family and the health of his wife. He only cares about the lives of other writers and making himself out to look perfect. Hurt is so believable in this role that when I saw him in *Lost in Space* a week later all I could think was 'what a bastard'.

If you are going to go see this movie, take a box of Kleenex with you! Everyone in the theatre was crying when it was over. When I stood up at the end of the movie and turned around I noticed that the other fifty people in the theatre were all crying women! I was the only male in the theatre and I was crying just as bad as the rest. Of course I ran like hell for the men's bathroom where I ran into a bunch of guys who had just watched an action flick. They laughed at me, but hey, can they say they just watched a movie with fifty women. I don't think so.

One True Thing is a great date movie, and will probably be classified as a 'chick-flick', but I know any guy who watches it will react the same as me. No matter what, this movie will get to you on some level. So I have warned you, see the movie, but be prepared for the water-works!

Urban Legend

by Mat Thompson
Entertainment Editor

Anyone else notice that this movie was filmed entirely on the campus of the University of Toronto? Of course you aren't supposed to notice things like that about American movies, but when it is that obvious, you just can't help it. Anyway... on to the movie.

Pop Rocks and Rootbeer... a boyfriend leaves his girlfriend in the car and is killed in the woods... a dog in the microwave... someone in the backseat. Couldn't the writers of this movie come up with better urban legends than these. None of these are even remotely scary and to see someone kill a bunch of University students using these lame legends is just pathetic. And where the hell did this high beams legend come from. I have asked everyone I know and no one has ever heard of it. If you don't know the legend I am talking about it



is a lame one! Gang members drive around with their lights off at night and when someone flashes them, they chase the car and harass them. OOOHHHH! Scary as all hell! And this is the major legend in the movie. Woo, freaking hoo!

Urban Legend stars Alicia Witt (from TV's *Cybil*), a university student who's friends start dying off in the same manner as different urban

legends. Her boyfriend, Jared Leto (*My So Called Life*), is a reporter looking for a story about a psycho on campus and her friends are helpless morons that can't defend themselves. I'd love to go into more detail about the plot... but that is it. There is no real plot except what I have said. There is a little twist in the middle of the movie, but it gives away the ending so blatantly that only an idiot wouldn't have the killer figured out. And if you don't figure it out from the obvious clues, maybe you should revert back to

easier movies like *Rugrats*.

Urban Legend also stars Joshua Jackson (*Dawson's Creek*) and Rebecca Gayheart (the *Noxema* girl) in very forgettable roles. Truthfully, this movie barley deserves to even be mentioned, but I spent \$8 to see the damn thing so I am going to review it. IT SUCKED!!!! There, I reviewed it and I am not going to say anymore about it!

DO YOU LIKE MOVIES?

WOULD YOU BE WILLING TO SEE AND REVIEW MOVIES
ON A WEEKLY BASIS FOR LAMBDA?

IF YOU ARE INTERESTED CALL MAT @ 675-1151 X2404
FOR MORE DETAILS!!!

Your Lambda Horoscope

by Aurora B. Allies

Psychic Advisor

Aries (March 21 - April 19):

Now that the alcohol is out of your system, you seem to be even more out spoken than ever. You love a good debate, but everyone is getting sick of your mouth. Focus on helping others and not fighting with them at the drop of a hat. When a professor tells you to wake up and pay attention in class, don't get mad, just add a little caffeine into your Cheerios in the morning and you will be wired for the day.

Taurus (April 20 - May 20):

All that bullshit you keep trailing behind you is going to catch up with you in the end. Remember to always wipe up after yourself no matter what you do. Your approach to things is very relaxed, maybe too relaxed! Wake up! There is a sun and no, you will not melt if it hits your skin. There is life before four in the afternoon, and you do not get credits from the pub. Remember, you are at school, not on vacation!

Gemini (May 21 - June 20):

Your multi-personality disorder is coming out strong. First you are drunk, then you are stoned, make up your mind! Hallowe'en is coming soon and you can't decide to be something naughty or nice. Maybe ask your partner what they want you to be, then go all out. Of course they may not let you out of the door, but if they said naughty, why would you want to go anywhere anyway?

Cancer (June 21 - July 22):

Everything in your life will be cleared up in the next week or two (penicillin will do that!) You will have many tests and essays due over the next little while, but don't panic, someone new will enter your life and will be able to help you out. Just remember to make sure you are not buying the same Shakespeare essay as your roommate. For some reason professors don't look to highly on things like that!

Leo (July 23 - Aug 22)

Your speech is bold and dynamic. Everyone is listening to you and you don't even know it. Just remember, a loud drunk is a lonely drunk. No one wants to hear your stories about your uncle from when you were five again. Tone down your voice and maybe your drinking. And you wonder why the bouncers keep telling you to go home early!

Virgo (Aug 23 - Sept 22):

This month you are able to digest massive amounts of information. The only problem is you are digesting more Kraft Dinner and Nachos than the average professional wrestler! Remember the frosh fifteen? Well, you have gained that much and more. Maybe a little less snacking and a little more exercise would help and getting off your ass to get another bag of chips is not considered exercise! Get up and get out, your friends Sarah Lee and Betty Crocker will be there when you get back!

Libra (Sept 23 - Oct 22):

You have always been able to balance everything, but soon it will all come tumbling down. Be sure your priorities are in order when you get up each morning, and I don't mean asking that person you woke up beside what their name is, you should have known that the night before when you tried to make them leave! The three S's rule your life right now (sex, shooters and school) but one of them is going to have to be put on the back burner for a while (I know which one I would choose!), but be sure to make the right decision pervert!

Scorpio (Oct 23 - Nov 21):

Learning how to interact with others should be your main focus the next few weeks. Your old habits of walking around rez with a condom on your head and your Spiderman Under-roos on backwards does not seem to be working. Maybe you should try some of Lambda's pick up lines from a few issues ago. Many successful one night stands have been achieved by using these pick ups. Just remember, when walking up to the opposite sex, don't lick their forehead before introducing yourself. Some people take offense to things like that.

Sagittarius (Nov 22 - Dec 21):

As you look for constant stimulation, people are talking about how you are always sliding down banisters backwards. Try not to look so desperate when you are out. Maybe if you hook up with a Scorpio you will have better luck picking up. Just remember to untie old projects before you bring home another. It could create a very embarrassing situation or it may be one of the most exciting times of your life. It's up to you if you want to risk it!

Capricorn (Dec 22 - Jan 19):

More, more, more is all everyone wants from you this month. Your partner(s) will be impressed by your thoroughness and you may profit from this. Just remember, it is better to advertise as an escort. They have enough of the other in UC.

Aquarius (Jan 20 - Feb 18):

You are an idea person who needs free reign to truly express yourself, but do you really think that security will be thrilled to find you and your partner in the middle of the bowling alley playing your own version of putt-putt? Your creative juices are flowing (along with some others), and soon you will be able to figure out just what to do with that lawn chair, green Jell-O, four milk cartons, a feather duster, and a set of jumper cables. And when you do, give me a call!

Pisces (Feb 19 - Mar 20):

What are you waiting for, your self-esteem is up (along with some other things) and you are ready to party! Others will gravitate to your easy (going) ways, but be more assertive. Don't just let others do the work, climb right on top and do what you do best. Don't be afraid to try new things (and I don't mean Molson Golden). Everyone loves your imagination. It's better than a Penthouse Forum letter!

Seeds of Conspiracy

(and how to dig them up and sneak them into your mother-in-law's supper)

by Nick Stewart

Asst. Entertainment Editor

Conspirators are extremely insidious. They attack us not only from some lofty high-rise office tower or from some six-million-dollar mountain retreat somewhere in Colorado, but also from our own homes and schools. How? Through our friends, our family...and even ourselves. That's right, even you might be perpetuating an endless series of conspiracies without even being aware of it! And one of the primary tools of the evil conspirators is language. Sure, they seem innocent enough, but when you boil it down and analyze them, pointless phrases can be proven to be nothing but pure evil. In other words, the everyday sayings you use in conversation might be destroying society as we know it, so read this list and be on guard.

The Truth Behind Everyday Sayings

I DON'T GIVE A RAT'S ASS: Question 1...What are you doing with just the rat's ass? What happened to the rest of it? Question 2...If you have a rat's ass, why wouldn't you want to give it away? Are you saving it for something? Personally, if I had a rat's ass, I would be giving them away like there was no tomorrow, and I'm guessing any regular person would too. Therefore, this particular saying must've been started by the insidious political faction, the CFAAAIC (Coalition For Animal Asses As International Currency). The increasing popularity of this particular phrase indicates that the CFAAAIC is becoming more and more successful, although why they have specifically chosen the rat as their animal ass of choice is a mystery.

MORE FUN THAN A BARREL OF GREASED MONKEYS: I can think of a lot of adjectives for a barrel of greased monkeys, and "fun" isn't one of them. I mean, would YOU like to clean the barrel after the greased monkeys have finished with it? Oh sure, that's why it's "MORE FUN" than a barrel of monkeys, but really now, if that's supposed to be the point, then why not just say "more fun than a bowel obstruction" or "more fun than an anal probe" or "more fun than some big fat guy called Earl giving you an enema"? What nefarious or deviant or nefariously deviant acts are these monkeys going to do that they need to be greased? Climb into my air ducts and take pictures of me while I sleep maybe??? And if has to do with anything sexual then I don't even want to guess. Well, regardless of what these lubricated primates are up to, it can't be any good. No, I'm guessing that this particular saying was started by Gertrude, the Genetically Enhanced Psychic Super Monkey, who is trying to subliminally introduce monkeys into every home, and eventually the world, through this saying (oh yeah, and through that stupid kid game).

TAKE A LEAK: Think about this for a second (not for too long, though...that's disgusting)...technically, you don't take a leak, or take a crap. Nope, you don't take them...you leave them. Okay, given, it's definitely less pleasing to say to your buddy, "I'm going to leave a crap", but I'm sure that's just because we're so used to saying that we're "taking" them. Of course, the original saying was changed by a cult devoted to reknown kleptomaniac and ex-president, Abraham Lincoln. This cult is so obsessed with the spread of kleptomania that they've made that one small change in our vocabulary, hoping that it will someday lead to a Klepto-Revolution. (But think about it..."Well, I'm going to take a crap"... "Don't take one of mine!")

CAT GOT YOUR TONGUE?: I knew that discipline was becoming a problem in today's society, but now it's just ridiculous. We think nothing wrong of cats running off with people's tongues. What's next? Open anarchy and murder, that's what. One day, it's cats running off with our tongues. Next, it's cats running off with our arms. Then they're running off with our decapitated heads. Next, we're letting them run the country, and then what? They'll turn humans into their slaves, develop opposable thumbs, and then Charlton Heston will run around screaming, until they just unleash a band of annoyed minorities to smite him with an NRA Charlton Heston Smiting Machine. Other than the killing Mr. Heston part, it's a pretty evil conspiracy.

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Sports

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Blair Sherrit puts one past Bob DaCosta in the Vees' narrow loss to the York Yeomen

Hockey Vees Drop a Close One

by Ryan Hanna
Staff Writer

It may be a cliché in sport, but, if the Hockey Vees' season opener was five minutes longer, they probably would have won on Thursday. The intensity of the team picked up as the game ended, but the York Yeomen were able to ride out a one goal lead to defeat the Voyageurs 4-3.

The Yeomen opened up the scoring with a power play goal by Sasha Cucuz early in the first period. Cucuz was assisted by Mike Williams and Brent Reilly for the beginning of what was to become a wild west show by the Yeomen. Shane Sullivan of the Vees was in the box at the time for slashing.

Williams scored himself on a pass from John Angropoulos later in the first. A minute and a half after that, Cucuz scored again on a connection from Williams. Williams got the puck from his buddy Reilly again and the Yeomen looked like they were really rolling, up three goals early.

Matt DeDiana of the Vees finally got fed up with this and took matters into his own hands. DeDiana scored thirty-five seconds later on a pass from Blair Sherrit. Sherrit got the puck from Martin Robert and drove it forward after the pass.

Cucuz caught fire again and scored on a pass from Steve Quinn of the Yeomen. This gave Cucuz a hat-trick on the night. The fans in the

arena were disappointed, but except for a few notable losers, they continued to back their team. This worked out well, because the final goal by Cucuz was the last York goal of the evening.

Keith Welsh really rose to the occasion and stepped up for a big power play goal only seconds after the York tally. He got hold of the puck on a pass from Chris Tomljanovich, who was fed by Jamie Morris. At that moment, Ian Keiller of the Yeomen was doing time on an interference call.

The first period ended with a score of 4-2 in favour of the Yeomen. Unbelievably, York recorded only six shots on net, while the Vees marked up seventeen. In the second period, goalie Jarrett Rose took the ice, replacing the thoroughly abused Sean Spencer.

The Vees scored early in the second period, when Blair Sherrit made a nice deke on the York goalie after getting past Defenseman Matt Cardwell. Sherrit got the puck from Martin Robert, who made the pass after a press against the boards, just inside the York zone.

Later in the period, Robbie Jones was punched in the face by John Lariano of the Yeomen who had just delivered a really cheesy cross-check. Lariano was sent to the box uneventfully, which is a credit to the sportsmanship of Jones. If it were me, I would've stomped on him.

Goalie Jarrett Rose made a

really nice save fifty-six seconds later on a press by Mike Williams. Rose really stood on his head to make the sprawling save. After the puck was cleared, Keith Welsh had another nice opportunity, but was denied by Bob DaCosta. The play appeared to have miscued, and Welsh was just trying to ignite the spark.

There was a minor skirmish shortly after that between DeDiana and Geoff Doherty of the Yeomen. Lariano tried to get involved again, but the referees intervened. That was too bad because it looked like DeDiana was ready to rock and roll, dropping his gloves and helmet in a blinding flash. All that this reporter has to say is a couple of Yeomen got lucky. You know what they say, boys, if you can't beat them **BEAT** them!

At the two minute mark, Welsh again had the puck and made a break for the York net. He had enough room to cut in for a shot, but flinched, and the puck went wide right. Dave Zanvier got the puck back, and passed to Robert, but Robert's shot was also wide right. This was the last real chance for the Vees to score in the period. LU recorded thirteen shots in the second, while York had twelve.

The Vees really opened up the shots again in the third. Robert started it off and was denied on a stop by the York goalie. Steve Gallo made another a minute later but was also left waiting. At the thirteen minute mark,

Zanvier had another good chance but he only could get hold of some pads. Sherrit got the rebound, but was also stopped. Tomljanovich got hold of the puck after the face-off, and was stopped by DaCosta.

With less than seven minutes remaining, Jones made a nice shot but the puck was deflected by DaCosta. Welsh tried to make a shot across after that, but it was not to be. The Vees never got another solid scoring chance until after Jarrett was pulled, when Morris let one loose with fifty-five seconds remaining. Tomljanovich tried again just as time ran out but it was too little, too late. The Vees had sixteen shots, outpacing the seven by York.

After the game, Matt DeDiana had this to say about his goal: "It felt pretty good. I haven't scored in a long time, and I was hoping it would spark the team, and it did. The effort [of the team] really showed tonight."

In spite of the loss, DeDiana said that he was happy. "When you get forty-five shots for, it's bound to happen later on for a win. We had a couple defensive lapses early on, and that cost us. Hopefully we'll bounce back next time."

DeDiana added that fans should not be confused by their preseason record. "Our preseason just as easily could have been 3-1 with a couple lucky bounces. I think this team is really good, and I'm looking forward to playing."

Blair Sherrit was slightly more

despondent about the experience. He expressed some positivity about his goal, but like all athletes he was hoping for the win. "We were behind a couple goals and our line was really clicking. We had a few chances, but we were lucky enough, we got a few bounces and we came up one short. That is disappointing."

"We came out slow, we were a little hesitant at first, but we started to come back. They realized that and they tightened up, so I have to give them credit. They played some good defense and their goalie made some big saves. It happens. I think once we get our win we'll be on a roll," said Sherrit.

Keith Welsh agreed with DeDiana in that lapses were the cause of some problems. "We had a few mental lapses in the first period. They scored all four goals in the first period, so we've just got to get rid of those lapses. It's a matter of prolonging our game and getting better."

"It was good to get the first goal underneath my belt. I really liked it. Last year I started in a bit of a slump, and it was good to get out of it early," said Welsh when asked about his goal.

The Hockey Vees played a solid game, and as I mentioned earlier, if the game would have been five minutes longer they would have pulled it off. Come on out and see them in their next home stand on Saturday, October 24th. The game starts at 2pm at Sudbury Arena.

Cross-Country Vees Finish Third

by Ryan Hanna
Staff Writer

Both sides of the Cross-Country Vees finished third in competition at the Windsor Open this weekend. In both sides of the tournament Windsor was the winning team and Guelph finished second.

For the men's team, Aaron Prieur was the leading Vee with an overall finish of tenth place. Regular readers of the Sports Section will be familiar with Prieur's consistently good performances over the course of this season. Prieur feels "pretty pleased" with his performance to date and had positive feelings about the race in Windsor.

"I had a good race this weekend. It was an improvement on my last race in London. Overall, I ran a lot better. I was able to focus on holding my pace. Also, as a team we were able to stay in a pack, which is good because it helps your focus", said Prieur.

With the OUA finals only two weeks away, it was clear that the team is preparing for what is yet to come. Prieur feels that the team should be able to finish fourth, but third place is really what the team is looking toward. "We're gunning for third. Western is ranked third right

now. If we can get everyone to run a good race and if a couple people from Western's team have a bit of an off day, we'll pull it off. That's our goal, something to shoot for."

The second place finisher for the Men's Cross-Country team was Ryan Bradshaw who came in fourteenth overall. Pat Hillman was the third Vee with a placing of sixteenth, and John Thompson followed him with a finish of nineteenth. Men's Coach Rick Carleton considers Thompson a solid, consistent performer.

Thompson was eager to share his thoughts about the race. "I'm extremely happy. It's a huge improvement from my last race and it's on pace for what I was doing last year at this time. In a couple more weeks, with a taper, I should be twenty to thirty seconds faster than I was last year."

He was very clear about the team had in mind for the OUA finals. "We're hoping to catch the fourth place team, and if we have the race of our lives, we might just get a bronze medal. What we're really hoping to do is catch Western, and secure fourth place."

The remaining finishers from

Laurentian were Jayson Bowerman in twenty-second, Greg Broadworth in thirty-fourth, and Rhys Lucas in thirty-seventh.

The women's team had an-

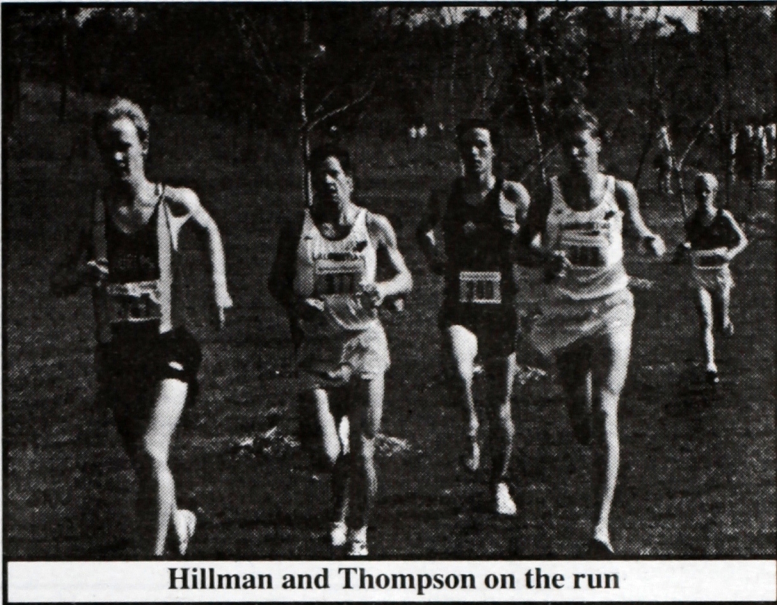
a very good personal performance for me, but the team on a whole did very well. My legs were just tired from sitting on the bus on the way there. I've also got to learn to push it

cially around the third K. The pacing was pretty good, but you start to get tired. It starts to hurt a bit, and it takes a lot of concentration to keep up the pace at that point. It's really a mental thing."

"We're all improving. Since the beginning of the season we've all improved, so we're hoping for top eight. We're also hoping for personal performances, maintain our focus. Working as a team is a big goal", said Kennedy, when asked about the team's prospects at the OUA tourney.

The remaining finishers for the Women's side were Jen Burns in seventeenth, Jen Scott in nineteenth, Kerry Salmoni in twenty-sixth, Julie Gagnon in twenty-eighth, and Krista Bolyea in thirty-seventh.

The OUA finals will be held at Windsor on Saturday, October 31st. The winner of the men's competition will take home the H. R. Little Cup, and the women's winner the Queen's University Cup. Laurentian's last Individual Champions were Ray Paulins in 1984 for the men and Chris Lavalee for the women in 1979, but be assured; if the Vees perform well they will all come home winners. Good luck Cross-Country Vees.



Hillman and Thompson on the run

other strong finish from Lynne Perron who came in eighth overall, and led the team. Becky Laakso was the next finisher from LU, and she came in eleventh.

Laakso had mixed feelings about her race this weekend. "My race didn't feel very good. It wasn't

more in the middle of the race."

Erin Kennedy was the next finisher from Laurentian and had an overall placement of fifteenth. She also feels that there is some room for improvement before the OUA tournament. "I need to work on focusing more in the middle of the race, espe-

Basketball Greats Return to LU

by Ryan Hanna
Staff Writer

The Laurentian University Men's Basketball Vees defeated their returning Alumni in the opener of their exhibition season on Saturday. In front of a crowd of onlookers, the "younger, faster" Voyageurs upended the "older and wiser" Alumni by a score of 90-83.

Kevin Gordon of the Vees scored the first basket of the game after a pass from Joey Turco. Cory Bailey answered back for the Alum on a nice drive to the basket only eight seconds later. This exchange set the pace for the scoring that would come later in the game.

The first three pointer of the game was also scored by Kevin Gordon near the five minute mark. This was followed by another three pointer by Clifton Edwards who got the ball on a pass from Gordon, after Roan Biggs moved the ball from the point. These two threes came in the middle of a ten point run by the Vees.

Adam Dusome of the Alumni did his best to help overcome the deficit by going on an individual eight point run later in the first half. Dusome recorded two three point plays, one on a field goal and another on a foul shot. This put the Alum back in the game, trailing by only a point after Dusome's efforts.

The Varsity Vees the opened up the scoring, much to the dismay of Bailey, who seemed to catch fire. He went on to score five points in the last four minutes of the half, including two from the line. Brad Hann then scored on a pass from Norm Hann just as time expired. The score at the half was 46-40 in favor of the Vees.

The Vees opened up the second half by scoring another three pointer by Chris Caruso. Another quick two points for the Vees came as

Chris Johnson scored on a technical foul. Roan Biggs finished the 6-0 run by scoring on a rebound seconds later.

The Alum came back with a 9-0 run later in the half. Brad Hann started the scoring with a field goal after a rebound. Bailey had five points in the run including two on fouls shots. The other alumni scorer was Dwayne Rivard, who scored two from the line.

The Alumni lead was short lived, after the Vees came back. Corey Bailey was again able to tie the game at the three minute mark on a pass from Brad Hann. This would not be enough, however, as the Vees scored thirteen more points to secure the win.

Individual highlights for the Vees were Clifton Edwards with twenty-eight points, Kevin "Flash" Gordon with twenty points, and Roan Biggs with fifteen points. Edwards was named LU Player of the Game for his efforts.

When asked about his nomination, Edwards remarked, "It feels good. I guess I was picked because I hit all of my open shots. It's good to start the season this way, with a fun game. Just like last year."

"Part of the reason we won was because we had more people on our roster. Also, we're a little more conditioned and we practice together more often. We gave a good team effort and came ready to play."

As a forecast for the upcoming regular season, Edwards predicted good things. "We want to be the top team in the OUA. We may not be ready quite yet, but we will be". He also stated that the goal of the team was to go to Halifax for the CIAU Championship.

The top scorers from the Alumni were Cory Bailey with twenty two points, Brad Hann with thirteen points

and Dwayne Rivard with thirteen points. Former All-Canadian Brad Hann was the Alumni Player of the Game.

After the game, Hann took a few moments to share his views. "It always feels great to come back. This is my fourth Alumni game, and I plan to keep coming back as long as I'm within traveling distance."

"It was a good game", said Hann, "It was close. They had lots of open threes in both halves. I had to hove up a couple of times. This was a problem because there was no safety and it left more open shots."

With respect to the Vees, Hann said: "They look just fine. They're a hardworking team."

Personally, Hann is a third year assistant coach with the Queen's Golden Gaels. His primary goal is to get into Medical School next year. As far as basketball goes, Hann said "I'm going to just try and stay close to the game and help out wherever I can. I think Coach [Ennis] would've wanted me to do that."

Another Alumni All-Canadian who had something to say was Cory Bailey. He expressed some disappointment, but was quick to credit the Varsity Vees. "They capitalized on a lot of their opportunities. Clifton was on fire. They had solid team play and a really good break."

With regard to his personal basketball endeavors, Bailey said "I had a contract going in Europe, but it hasn't worked out. At least not yet. We'll see later on. Now I just want to take it easy, enjoy some time off, and help out. Especially in Scarborough."

The Men's Basketball Vees are in action next in the Nike Centennial Tournament at Concordia over Halloween weekend. Good luck, keep that ball a' bouncing' and come home with some wins.

Aqua Vees Hoping to Make Waves

by Ryan Hanna
Staff Writer

The Aqua Vees were chomping at the bit for some action, and they got some this weekend when they visited Guelph for a dual meet and relay competition.

The weekend began with OUA relays on Friday. The men's team finished third in four events, the three by one hundred metre medley, the three by one hundred metre butterfly, the three by one hundred metre backstroke, and the three by two hundred metre freestyle. Fai Yong of the Vees was the lead swimmer in the one hundred metre butterfly and was a CIAU qualifier at the event.

The Lady Vees had a fourth place finish in the three by one hundred metre backstroke, which marked

their best overall performance at the relays.

On Saturday, both teams competed in a meet against the Guelph Gryphons and the men were downed by a score of 109-74. A high note for the Men's Aqua Vees was the two wins by David Clarke. Clarke won both the two hundred metre backstroke and two hundred metre freestyle events. Clarke would become LU's Male Athlete of the Week as a result of this. Fai Yong of the Vees was also noted for his win in the fifty metre butterfly event.

The women's squad also had trouble with Guelph, losing 135-45 at the hands of the Gryphs. Julia Haywood of the Vees led the team. See Swimming, page 21...

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Lady Vees Defeat Alumni

by Ryan Hanna
Staff Writer

The Lady Vees' Basketball team were happy to welcome back some old familiar faces on Saturday as they hosted their Alumni. The Lady Vees were victorious, upending the Alumni 80-72.

The first awesome play of the half came two and a half minutes into the game when Linda Carriere made a behind the back pass to Martha Sandilands who scored a two pointer. This evened the game at two apiece, and set the stage for what was to come. Seconds later, Stephanie Harrison intercepted an Alumni pass and drove in two points for the Lady Vees.

Midway through the half, Karen Vos made a nice steal from an Alumni attacker, but was fouled. She scored two at the line. This was answered by Linda Carriere of the

Alumni who took the ball alone into the Vees' end to score another field goal. The play after that, Jill Eccles passed the ball to Vos, who set Harrison up with another two pointer.

Near the end of the half, Sue Stewart intercepted the ball on a pass that was intended for Shauna Conway of the Vees, and took the ball in for two points. The Alum go the ball back after that and Sandy Falco made a nice pass to Sandilands, who then set up Carolyn Swords with a big two pointer. Falco got the ball again the following play, and set up Carriere, who instead passed to Sarah Kieffer. Kieffer scored on the play, which tied the game.

Lady Vee Tammy Kenzie scored a three pointer shortly after that to put them ahead, but the Swords of the Alumni put in a rebound and was fouled. The missed foul was the final real scoring chance of the half. The Alumni were down by a score of

40-39.

Just before the five minute mark in the second half, the Alumni went on a 10-0 run with Martha Sandilands scoring six of their points. The other scorers were Swords and Stewart with two each. Claire Beatty of the Vees scored right after that on an interception of an Alumni pass. She was fouled by the intended receiver, Carolyn Swords. Beatty's two points at the line broke the Alumni run. A minute later Beatty was fouled by Sandilands, and scored another two free throws.

In the last four minutes, the Lady Vees scored fourteen more points and retained a healthy lead over the Alumni, as they scored only five points, all by Martha Sandilands. The final play was a shot by Carolyn Swords of the Alumni, which was a miss.

Highlighting the Lady Vees was Stephanie Harrison with twenty

points. Harrison was named LU Player of the Game for her efforts. Shauna Conway of the Vees was also noted for her fifteen point contribution.

After the game, Harrison said: "Today's game was a lot of fun. We saw some great players of the past." She also noted that depth of the team, and the Lady Vees' conditioning were big factors in the win. "The team was looking for me inside, and there was a lot of good passing inside", said Harrison of her personal performance.

When asked about the team's projections for the seasons, Harrison said that nationals were definitely in the picture. "All around, we should do well. We have some really good recruits and a lot of good returning players as well."

The Alumni Vees were led by Martha Sandilands with twenty eight points, Sarah Kieffer with thirteen,

and Carolyn Swords with thirteen as well. Sandilands was named Alumni Player of the Game.

"I was just on," said Sandilands, "I wanted to play, and I wanted to win. The game was great. I haven't been back in a little while."

With respect to the Vees, Sandilands said: "They're a good team. They've got good height. On the other hand, I do think that if Chantal didn't get hurt and we had a couple more players, it would've been closer. Maybe we would've won."

Sandilands now plays basketball in the OBA for a women's team in Ottawa.

The Lady Vees go into action in the Hoopfest at the University of Alberta, a school near and dear to my heart. Try to stay out of Dewey's, RATT, the Power Plant and the other campus pubs while you are there. Good Luck.

Volleyball Vees at it Again

by Ryan Hanna
Staff Writer

The Volleyball Vees went to Montreal this weekend to face McGill and Montreal in a set of exhibition matches.

The team got off to a good start on Friday when they defeated McGill 3-1. The match scores were 15-5, 15-9, 6-15, and 15-10.

Alain Arseneau of the Vees led the attack against McGill with fourteen kills, two blocks and three aces. Ben Fournier also helped the cause with thirteen kills, and Serge

Lesperance added nine kills and four blocks of his own. John Hogg also picked up some of the slack, with seven kills and five aces.

Despite a good front end, things turned sour for the Vees on Saturday when Montreal broke a 2-2 logjam to edge out the Vees in the final match. The two point victory in the match elevated Montreal to a score of 3-2. The individual match scores were 15-6, 8-15, 15-4, 6-15, and 15-13.

Dan Pilon of the Vees was the LU Player of the Game with eighteen kills and a pair of aces. Alain

Arseneau was again recognized because he had a good day on Saturday also. He recorded fifteen kills and five blocks. Adam Marlot also tried valiantly, and pitched in for eleven kills and four blocks of his own.

After the split, the Vees will return to LU to take on the Queen's Golden Gaels. The game will be played on Saturday, October 31st, otherwise known as Halloween. Come on out and help the Men's Volleyball Vees freak Queen's right out. The game will start at 3:00pm at the Ben Avery Gymnasium on Campus.

by Erin Simmons
Contributor

Laurentian's first intramural ultimate league has officially arrived at its end. The participating students, most of whom live in residence at the school, played four games a week for a month to determine the champions. "Getting Parallel" was dubbed with the champion title on Thursday evening and played an exhibition game.

For those who aren't familiar with the sport, ultimate is a fast-paced, non-contact team sport played on a field similar to a football or a soccer field. Two teams of seven individuals pursue the goal of passing the disk until caught in the opposing team's end zone for a single point. Running with the disk is not allowed. Upon catching the disk, a player must stop, establish a pivot foot and pass the disk to another teammate. Turnovers occur whenever there is an incomplete pass, and the play begins immediately.

The most unique aspect of ultimate and one of the primary actions of the game to players is the priority it places on sportsmanship. This philosophy is referred to as "The Spirit of the Game" and is firmly established as the foundations of the sport.

It's assumed that no ultimate player will intentionally violate the rules; thus there are no harsh penalties for inadvertent infractions, but rather a method for resuming play in a manner which simulates what would most likely occur.

Although the intramural league has ended, the Sudbury Ultimate Club (SUC) resumes play all year 'round. All you need to play is a 175 gram disk, a bunch of players and an open field.

Anyone who may be interested in learning about ultimate frisbee may contact me, Erin Simmons, at 524-7660, or email me at CASimmons@sympatico.ca. Cheers!

Final Standings

Well, the four week season is over for the Ultimate Frisbee teams and everyone had a great time. On Thursday, October 15th, the Frisbee intramural convenors gave out awards for the first, second and third place teams. Before the awards, each team picked two most valuable players from their team and then they were put into a draw for five different prizes.

The first place team was Getting Parallel with six wins and one loss. The Salmon Bellies came in second, and the J-1st Jesters came in third. The rest of the final standings for the season are as follows:

Team	Win	Loss
Getting Parallel	6	1
Salmon Bellies	5	2
J-1st Jesters	5	2
Thunder	4	3
Huntington #1	3	4
Huntington #2	2	5
Beavers	2	5
Thornloe T-Birds	1	6

Hope to see everyone next year for another great season of Ultimate Frisbee.



Getting Parallel accepts their trophy

OCTOBER

SGA AGE

13-17 NATIONAL STUDENTS' WEEK OF ACTION Sign up at SGA
LU RALLY ON THE 16TH bus 2pm to Bell Park
On To Ottawa Trek 16th bus leaves 5 pm returns Sat. pm

19-23 ALCOHOL AWARENESS WEEK
events in Bowling Alley all week 11-2
Special Event in PUB-Thursday Oct. 22
Garden of Life and Molson's Take Care

10 Grocery Bus Cancelled
will resume Oct 17
Navette d'épicerie
annuler. En marche encore
le 17 octobre

24 MIKE WOODS
in the/au PUB 9pm
musician/musicien

28 FREE Legal Aid
Aide Judiciaire
GRATUIT 1-4pm
call
for
appnt.

for more information / pour plus
d'informations / call/composer
673-6547
in/au SCE212

30 in the/au PUB
HAPPY HAUNTINGS
with the
avec
ROCKIN' HIGHLINERS
8 PM
PRIZES, PRIZES, PRIZES
BEST COSTUMES & MORE

SGA AGE

OCTOBER

by Takis Zervas
Staff Writer

Salutations my dear soccer friends. In this week's edition, we have a taste of martial arts. And you thought soccer could not get any crazier!

In **England**, Eric Cantona of **Manchester United** received an eight-month ban for his infamous kung-fu kick in 1995. Paulo Di Canio of **Sheffield Wednesday** may be heading for a similar punishment by the English Football Association for shoving referee Paul Alcock to the ground in last Saturday's 1-0 win over **Arsenal** at Hillsborough.

It seems as though health risks are becoming a greater concern as more soccer playing athletes are taking performance enhancing drugs. In the early 1960's, Italian players took Microten. 1990's they take Creatine. And not only soccer players in Italy, but top-level players throughout Western Europe, as well as rugby players in both hemispheres. Creatine copies a substance produced naturally by the liver and in reasonable doses is undetectable by the standard drug testing procedures. What causes concern is the reason that Creatine was taken on board by sportsmen in the first place, that is, it produced similar effects as steroids. This was notable in last year's Champions Cup Final where the Creatine-taking players of **Juventus** were outpaced by the Creatine-taking players of **Real Madrid**. It seems as though there is less effort by the players on the training ground and more in the laboratories. The fascinating point raised by **Roma** Coach Zdenek Zeman is that soccer and the players' long-term health is at risk, NOT from illegal substances, but from legal ones.

In **Asia**, things were going well for **Indonesia** and **Thailand** in the recent Tiger Cup, a bi-annual tournament for Asian countries, this year being staged in Vietnam. By the time the two nations were due to meet in their final Group A game, in Ho

Chi Minh City, both had already qualified for the semi-finals. There was one major problem: the winner of the game would win the Group, and would have to meet hosting Vietnam in Hanoi, a city where fans have a reputation for being particularly intimidating. The solution was unconventional but clear: both teams would try to lose. Both teams left their best players on the bench and never made any challenges to attack. The teams were then stung by a half-time warning from the match commissioner, and by jeers from the furious crowd.

Finally, both teams managed to score some goals. By the eighty-ninth minute, the score was 2-2. With time running out, Indonesia finally decided to go for the "right" result. Their defenders kept possession on the edge of their own penalty box, and as the game entered injury time Musyid Effendi thumped the ball into his own goal, now left unguarded by the compliant keeper. To the despair of the Thai players there was simply no time left to concede an equalizer and they won 3-2, now about to face the horrors of Hanoi. Thailand ended up losing to Vietnam 3-0, but ironically, Indonesia's efforts to avoid the tie backfired badly. The went down 2-1 to Singapore in the other semi-final. Each country was fined \$50,000 by the Asian Confederation. There's a treat for you, my friends.

In **South America**, **Vasco Da Gama** (Brazil), the Rio de Janeiro team backed by the Portuguese community, fittingly celebrated their one-hundredth anniversary by winning the Libertadores Cup in Tokyo in December. Vasco, who had never previously reached the final, became the sixth Brazilian club to win the competition. South America's top clubs, Brazilian teams now have won ten times, but Argentina still led with seventeen victories. **Vasco Da Gama** downed **Barcelona** of Ecuador 4-1 at Guayaquil's Monumental stadium, packed with 90,000 fans. Even Bar-

celona's fans who used witchcraft and lighted candles on the field could not stop the Vasco team from out-playing them.

England manager Glenn Hoddle has dismissed suggestions by Manchester United manager Alex Ferguson that England's World Cup players were given potentially dangerous performance-enhancing substances. "I'm afraid some people must have their heads in the sand," Hoddle said. "To suggest there's anything wrong or that the players are on drugs is outrageous. It is so far from the truth..." Hoddle said that each member of the England squad had his blood tested before the World Cup and was given vitamin and mineral supplements.

If you are a fan of Italian international Christian Vieri, here is some news about your superstar. Vieri, an international Italian striker and former star for **Atletico Madrid** in Spain, has since been sold to **Lazio** in Italy for the huge sum of forty million dollars. The question at hand is that if he was doing so well with the Madrid team, why leave? Rumours have it that Vieri fell out with new coach and former Italian boss Arrigo Sacchi over his supposedly lacklustre attitude towards training. Other reports claimed that Vieri had lost his enthusiasm for Spain, rather than for Spanish soccer, possibly because he had fallen for an Italian girl. Home-sickness may have been a more simple and accurate answer. As the President of Atletico Madrid, Jesus Gil said, "when Vieri goes to Italy something goes wrong in his head. It's always the same."

In **Brazil**, if you do not already know, Vanderly Luxemburgo has been picked to sit in soccer's hottest seat. The forty-six year old Luxemburgo, manager of **Corinthians**, is the new man in charge of Brazil and replaces Mario Zagallo, the Old Wolf, who was sacked because his team "only" finished run-

ners-up in the World Cup... In the Brazilian Championship, 5 coaches have been sacked in only one month, including **Flamengo's** Joel Santana. I believe this league has been a disgrace to domestic soccer. Its' chaotic troubles should not be tolerated.

Referees continue to be a problem in **China**, and a plan has been put forward for neutral officiating. If the scheme goes ahead, Japanese referees will handle matches in China, South Koreans will officiate in Japan, and the Chinese referees will act in South Korea.

Cameroon's FA President Vincent Onana is still in jail as investigations into World Cup ticket fraud continue. He was arrested on charges of fraudulently selling World Cup tickets.

In the **United States**, it has been a question since Major League Soccer started: Can any of these teams compete with top teams abroad? They definitely do not come close to Series A teams or the Bundesliga teams, but their competitiveness has improved. The CONCACAF Champions Cup was won by MLS Champion **DC United**. On the way to that, they beat two reputable Mexican teams; **Leon** 2-0 in the semi-final, and **Toluca** 1-0 in the final. Yes, the games were played at Washington's home ground, but the Mexicans clearly came to play, sending their strongest teams. DC were worthy winners... Thomas Rongen resigned as New England Coach, and former Italian international goalkeeper Walter Zenga has taken over. A popular, charismatic goalkeeper...but a coach? Miami Fusion have fired Coach Carlos Cordoba and signed Brazilian Ivo Wortmann.

Lebanon have sacked German Dietlm Werner after just three months.

DR Congo Striker Banza Kasongo, a member of the team who finished third at this year's African Nations Cup Finals, has signed for

Tunisia team CS Sfaxien.

International Scores:

England: Leicester 1 Wimbledon 1
Scotland: Aberdeen 0 Kilmarnock 1
Argentina: San Lorenzo 4 Rosario Central 1
Italy: AC Parma 1 Juventus 0
Germany: W. Bremen 0 Bayern Munich 1
Spain: A. Bilbao 2 R. Madrid 3
Holland: AZ Alkmaar 4 PSV Eindhoven 1
Belgium: C. Brugge 3 Lierse 1
Japan: Grampus 1 C. Osaka 1

Premier League:

West Ham 1 Southampton 0
Oceania Cup:
Australia 16 Cook Islands 0

That's all the beef on World Soccer News this week. Until we meet again, cheers!

Quotes of the week in the soccer world:

Thailand and Indonesia shame soccer." (Bangkok Post)
"Is my son really worth so much?" (Christian Vieri's father Bob Vieri on his son's selling price from Atletico Madrid to Lazio).

Swimming, page 19...

with a second place finish in the fifty metre freestyle and the two hundred metre backstroke. She was LU's Female Athlete of the Week because of her leadership. Cynthia Vincze also had a strong personal performance, finishing second in the two hundred metre freestyle and third in the one hundred metre freestyle.

The Aqua Vees must now prepare to defend their pond against the Brock Badgers, who will be coming to Laurentian this Saturday. The meet starts at 1:15pm at the pool in the Athletic Centre. Come on out and help the Aqua Vees drown some ugly, hairy and despicable Badgers.

Soccer Summary

Because the Soccer Vees have been on the road, we haven't been able to give you fans as much play-by-play action as I would have liked. Here is a summary of soccer action in chronological order:

Vees Shutout Queen's

The Soccer Vees shutout the Queen's Golden Gaels on Saturday, October 10th. The Vees who scored were Robert Fijal and Steve Wilson. The LU Player of the Game honours were shared by Peter Zorbas and Steve Wilson. Coach Greg Zorbas felt that the most important factor in the Vees' win was team play in the second half.

Toronto Gets Revenge

The worst nightmare of the Soccer Vees came true on October 11th when Laurentian was shutout by Jim Lefkos and the Varsity Blues. This marked the first loss for the Vees, and at that point, the Blues moved past LU for first place in the OUA East.

York Slides Past the Soccer Vees

York University took second place in the OUA East from the Soccer Vees on Saturday after a 1-0 shutout. The LU Player of the Game was Peter Zorbas.

Vees Suffer Third Straight Shutout

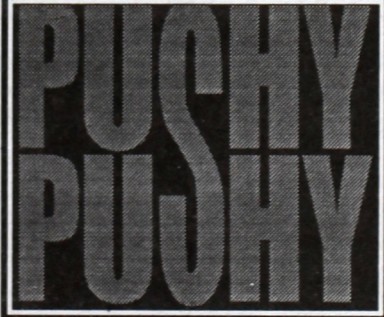
The Soccer Vees lost again against Carleton, smarting after their third consecutive goal-less outing. This marked the seventh shutout of the season by Ravens Keeper Paul McCallum. This loss puts the Soccer Vees at 8-3-1 on the season, and knocked them from the CIAU Top Ten.

The Soccer Vees wind up the regular season at home this weekend, playing Ryerson on Saturday, and Trent on Sunday. Both Games start at 1:00pm at Varsity Field. Two wins means that they automatically advance to second in the OUA East. Come on out and help cheer the Soccer Vees out of their scoring drought.

The Night Club

52 Larch Street, Downtown Sudbury

Coming attractions



OCTOBER
22, 23, 24



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Mon-Wed (Noon-1 AM) Thurs - Sat (Noon - 8 PM)



Open everyday at Noon !!! Check out our Saturday Matinee 2:30 - 6:00 pm

NFL Psychic Ready To Bounce Back!

by Christain Mellin

Staff Writer

After being wrong almost half the time in week six it was good to have a week off. Even celebrity forecasters can be wrong occasionally. Hopefully, from now on I will be right at least 75% of the time. Last Sunday two all-time great QBs led their teams in come from behind victories. Steve Young guided his 49ers past the surprisingly offensive Colts, by a score of 34 - 31. The other comeback was mounted by former Argo, Doug Flutie. Also of interest was that only one home team (New England) lost last week. On that note, here are my predictions for this week's action:

New England at Miami

New England played poorly last Monday night at home, and they will be in tough against the Dolphins on the road. In the past few years the Patriots have not done well in the spotlight of the Monday Night Football game. The Dolphins shut out the Rams last weekend, and I feel they will defeat the Pats and move into first place in the Eastern Conference.

Baltimore at Green Bay

Green Bay has lost two crucial games in the past three weeks. In week six they lost to Minnesota and on the Thursday night game they were handled by the Detroit Lions. The Vikings now have a two game lead in the division. Even so, the Ravens are no match for the Packers ... but then again neither was Detroit. The Pack will pull themselves together and pull this one out.

Minnesota at Detroit

The Vikings have been absolutely dominating over the competition this season. Last week they beat the winless Redskins by a score of 41 - 7. They lead the league in points scored, despite the fact that their starting QB has been injured frequently. Detroit has been playing better for last few games, but is far from being able to challenge to Vikings.

San Francisco at St. Louis

San Fran had a huge comeback in their game last week against the Colts. They really proved that they are a great team by collecting themselves and turning the game around in the final quarter. Sure they never should have been losing to the Colts, but it's a win. St. Louis has a home record of 1 - 3, and actually plays better on the road (1-1). San Fran will be all fired up as they take the momentum from last Sunday's comeback into this game.

Tampa Bay at New Orleans

New Orleans may have dropped three straight games, but I still feel they are a good team. Tampa on the other hand is a team on the rise. After a slow start the team has started to get a few victories. I look for Tampa's struggles to return when they venture down to Louisiana this weekend.

Atlanta at New York

Despite the fact that I would much rather have Atlanta win, I do feel that the Jets will win this one.

They have home field advantage and every time I've picked against them they have won. Last Monday night they defeated the Pats at Foxborough and will be even tougher at home.

Chicago at Tennessee

The Oilers have slowly turned their season around and if they win and Pittsburgh loses they will be tied for second place behind Jacksonville. Last Sunday they won big over the Bengals 44 - 14, and they are all geared up to play their first game against the NFC this year. The Bears are not going to get a fluke victory this week.

Jacksonville at Denver

What can I say about Denver that hasn't already been said. They dominate over the competition no matter who is leading their offense. A chimpanzee could be substituted for John Elway and Denver would still score 40 points. Jacksonville is perhaps the best team they have faced thus far, but never the less will suffer a loss at the hands of the Broncos.

Seattle at San Diego

As long as the Padres are still in the World Series the media focus will be reduced for rookie QB Ryan Leaf. This will be short lived, and if he does not begin to grasp the offensive, than his biggest worry will be holding a clip board. Seattle has dropped all the way from a first place tie to fourth in the division in a matter of three games. They should be able to get their fourth win of the season and hopefully turn their season back in the right direction.

Cincinnati at Oakland

The Raiders needed the bye week in the worst way. Two of their star offensive players, Jeff George and Napoleon Kauffman, were injured and needed rest. They need this victory or they risk losing their share of second place in the division. The Bengals are actually a lot worse than their record indicates, and Oakland should get the win. Go Raiders !!!!!

Buffalo at Carolina

Buffalo had an amazing last minute comeback against the Jaguars last week. They were led by six time CFL MVP, Doug Flutie. Until recently Flutie was not given much respect because of his small stature, but typical of the fans in Buffalo they started respecting him after we proved he could win. Good Luck Doug ! Although you probably won't need it because quite frankly, Carolina is God awful.

Pittsburgh at Kansas City

This is a must win game for the Chiefs, because if they lose and the Raiders win they lose their share of second place. The Raiders have a much easier schedule in the next few weeks, and this is Kansas City's chance to keep pace. Pittsburgh has been playing better than their record indicates. If Pittsburgh had of been more alert on defense in the final moments of the Cincinnati game two weeks ago, they would have a record of 5 - 1. Kansas City has the home field advantage and should come out victorious.

by Ryan Hanna
Staff Writer

OUA Sports Briefs

Fourth Consecutive Shutout Gets Respect

The Carleton Ravens soccer team's starting Keeper Paul McCallum finally got some recognition when it was announced that he was elected OUA Male Athlete of the Week. The second year Arts student recorded his fourth consecutive shutout on Sunday in the 1-0 defeat of our very own Soccer Vees. The Gloucester, Ontario native recorded his third shutout on Saturday in Carleton's 4-0 win over the Nipissing Lakers.

This puts McCallum's yearly shutout total at seven on the season, best in the OUA. The Ravens and their keeper are looking for number eight as they close off their season at Queen's on Saturday. This game is pivotal, as it will determine who gets the fourth playoff spot in the OUA East.

Grad Student Perfect in League Tennis Play

Paula Myslivicek capped off her unbeaten season in singles tennis this weekend. Her perfect record, as well as her contribution to the Queen's Golden Gaels squad earned her the OUA Female Athlete of the Week title. Her two wins, against McGill and McMaster, were enough to give the Gaels' Tennis Team a trip to the OUA Finals at York this coming weekend.

Myslivicek is a second year Masters student in Physiology.

Football Field Folds Forever

One of the most recognized sites in Canadian football, perhaps even Canadian history, will close its doors forever. U of T's historic Varsity Field, the playing ground of thirty Grey Cups and twenty-one Vanier Cups will be decommissioned Saturday following the game between the Varsity Blues and their rivals, the York Yeomen. The stadium will be torn down and replaced with a more modern facility, which as of yet remains unnamed.

The demolition of Varsity Field marks the end of a century of football at the facility, which first stood as an icon when it opened its doors to intercollegiate play in 1898. True football fans from coast to coast will shed a tear at the demise of an era of proud Canadian football.

Varsity Soccer Race Heats Up

The race for the final playoff spots in the OUA East finishes this weekend. The final game between 9-2-2 York and 9-1-3 U of T on Sunday will determine who retains the number one spot after the end of the regular season. The winner of the game, to be played at York, will automatically become first in the East.

The race for fourth position will be determined by the winner of the match between 7-4-2 Carleton and 7-4-2 Queen's in Kingston on Sunday. The losing team will be eliminated from the playoffs. In case of a tie, Queen's will get the nod on a higher aggregate score.

How does this affect the Soccer Vees, you ask? The Vees are currently in third place, with two games remaining. All of the aforementioned teams only have one game remaining. This means that the Vees would take second place with two wins, regardless of the victor at York. The only other possible outcome, a tie, at York would put the Vees into first place if they got two wins this weekend. This is because under that scenario the Vees would have 31 points, like Toronto, in the case of a tie. The Vees would not advance because the Blues have a higher aggregate score.

Also, the Vees could only fall to fourth if they lost both of their games, and there was no tie in the Carleton-Queen's match. This is by benefit of fewer losses for both of these teams.

Confusing enough for you? Bottom line Soccer Vees: win both games this weekend and let the chips fall where they may. Considering your competition it should be a cakewalk.

Voyageur Athletes Of The Week

Aqua Vee Voted Female Athlete of the Week

A solid performance at the Aqua Vees' first exhibition meet earned Julia Haywood the LU Female Athlete of the Week title. Haywood placed second in both the two hundred metre backstroke event and the fifty metre freestyle event in Guelph this Weekend.

Haywood is a graduate of Arnprior District High School and was an avid competitor in the Arnprior Bluefish Aquatic Club. She is a second year Sports Administration Student.

Winner of Two Events Earns Another Gold

David Clarke won two gold medals this weekend for his first place finished in Guelph this weekend. He got another "gold" when it was announced that he won the LU Male Athlete of the Week award on Monday. His contribution to the team, coupled with wins in both the two hundred metre freestyle and two hundred metre backstroke, was the reason he was chosen.

Clarke is a Dean's Scholar, who was an Academic All-Canadian in 1996-97. He is a third year Kinesiology student and additionally, he won the Award for Excellence for the Human Movement with the highest overall average in both first and second years. Clarke is originally from Ottawa, and began swimming at the Carleton place Aquatic Club.

Hockey Player Almost Gets Overlooked...

Traditionally, Lambda does not publish an issue after the Thanksgiving break, but we would never let that prevent us from reminding Voyageur fans of that week's Male Athlete of the Week. It was Martin Robert of the Hockey Vees.

Robert's efforts in the Hockey Vees' two losses last weekend were the reason that he was chosen. He was responsible for three assists in the losses, and tried to help motivate his fellow Varsity athletes.

Robert's most recent hockey experience was with the Rayside Sabrecats Junior A, on the Tier Two squad. He is a rookie on the Hockey Vees.

Breast Cancer Awareness Month

Presented by: L.U. Health Services and Peer Health Educators

Anne Matte from the Ontario Breast Screening Program will be holding a **Breast Cancer Awareness Workshop** on campus October 26, 1998 at 12 pm 3rd floor Student Centre, TV Lounge.

Breast Cancer

Facts:

- Breast cancer is the most common form of cancer in Canadian women. Canada's breast cancer rates are amongst the highest in the world behind the U.S.A.
- One in nine women are diagnosed with Cancer during their lifetime.
- 19,300 new cases of breast cancer will be diagnosed in 1998; that is more than double the expected new cases of lung cancer.
- The incidence of breast cancer increases with age; over 70% of all cases develop in women over 50 years of age.
- Over the past decade, the incidence of Breast Cancer has risen steadily.
- Educational awareness programs and an increase in the number of screening programs detect a large number of early stage breast cancer.
- The cause of breast cancer is unknown, but early detection is the best method for saving lives.
- Breast cancer can occur in men, however, it is rare.
- No connection has been found between Breast cancer and breast injury. Sometimes an injury to the breast may make an existing lump more noticeable.
- Some lumps that can be felt may not be seen on a mammogram. Best protection includes a combinations of (BSE) Breast Self Examination, a clinical breast exam, and mammogram.
- Cancer is more frequent in the left breast than in the right as the left breast is larger.
- Mammograms are not painful, but may be uncomfortable. To get a clear picture the breast is compressed between two special plates. A mammogram should be done by a trained health professional at accredited mammography unit.
- Mammograms are not dangerous as they are done with a very low dose of radiation. Therefore they are a safety and affective way to detect Breast cancer.
- With regular Breast Self Examinations you will learn what is normal for you. This will give you a point of reference so you can report any abnormalities to your doctor immediately.

Some common abnormalities include:

- Changes in the shape or size of your breast
- Areas of your breast that become red, feel hot or look like an orange peel
- Dimples, creases or folds in your breast skin that are new
- Changes to your nipple or nipple area such as a red rash
- Lumps in your breast that were not present before
- Fluid leaking from your nipple

A Healthy Lifestyle Can Make A Difference

- Adopt a low-fat, high fibre diet.
- Limit salt, alcohol and caffeine.
- Enjoy a variety of foods.
- Maintain a healthy body weight.
- Be physically active on a regular basis.
- Be a nonsmoker.

Guidelines to Ensure Breast Well-being

Women age 20 - 39

- Be familiar with your breast's regular appearance.
- Be able to recognize symptoms of breast disease.
- Have an annual physical exam by a doctor.
- Be aware of risk factors and early detection methods.

Women age 40 - 49

- Have an annual clinical breast exam.
- Participate in early detection program that includes the teaching and monitoring of Breast self examination.

Women age 50 - 59

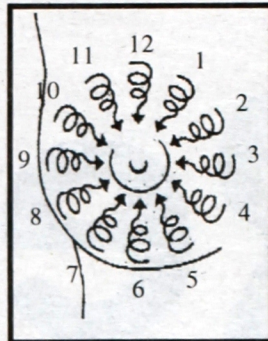
- Participate in a Breast cancer early-detection program that includes:
- an annual clinical breast exam
 - teaching and monitoring of breast self examination
 - a mammogram every two years through a dedicated screening centre

Breast Self Examinations

Monthly breast self examinations should be done the same time each month or 7 - 10 days after the start of your period if menstruating.

The Clock Method

- Pretend your breast is a clock.
- Using the flat pads of your fingers, press gently but firmly in small overlapping circles.
- Begin at 12 o'clock, right below collar bone and moving to nipple. Do not miss an "hour". Then carefully examine the area between the breast and armpit (this area also contains breast tissue)

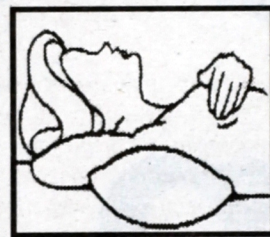


In the Shower

- Raise one arm.
- With fingers flat and soapy, touch every part of each breast as described above.
- Gently feel for lumps.
- Use your right hand to examine your left breast and your left hand to examine your right breast.

Before A Mirror

- Arms at your side; then raised above your head
- Look for changes in size, shape, and contour of each breast.
- Look for puckering, dimpling, changes in skin texture, color rashes.



Lying Down

- It is very important to examine your breast lying down, to balance the breast on your chest.
- Place a towel or pillow under your right shoulder placing your right hand behind your head.
- Examine your right breast with your left hand.
- Repeat on other side.

For more information contact:

Cancer info service: 1-888-939-3333
Ontario Breast Screening Program: 1-800-668-9304

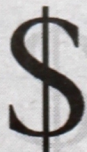
Scholarships/Bourses

Ontario Graduate Scholarships and NSERC Scholarships

Please remind *all fourth year undergraduate and first, second and third year graduate students* that application forms for **NSERC Postgraduate Scholarships (value 17,300-19,100)** are now available at the Graduate Studies and Research L-808A.

The deadline for NSERC is **OCTOBER 30, 1998.**

ONLY students who have maintained an overall average of at least A-(80%), or the equivalent, during **each of their last two full years of study** at the postsecondary level may apply (extract taken from the brochure 'Ontario Graduate Scholarship Program').



Bourses d'études supérieures de l'Ontario et du CRSNG

Voudriez-vous rappeler à *tous les étudiants de quatrième année et aux étudiants dans leur première, deuxième et troisième année aux cycles supérieures* que les formulaires de demande pour les **bourses d'études CRSNG (valeur 17 300-19 100)** sont maintenant disponibles à l'école des études supérieures et de la recherche L-808A.

La date limite pour les demandes du CRSNG est le **30 OCTOBRE 1998.**

SEULEMENT les étudiants ayant obtenue une moyenne d'au moins A-(80%), ou l'équivalent, au cours de **chacune** de leur **deux dernières années** d'études postsecondaires **complètes** peuvent faire demande (extrait tiré de la brochure intitulée 'Régime de bourses d'études supérieures de l'Ontario').

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Canadian Cancer Society Breast Health Info.
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